



It's easy being green

Create an attractive and filling side dish with a tray of roasted shrimp and edamame. And don't forget the black pepper PAGE 19

SHOWING YOU WHO'S THE BOSS

AUTHOR TEMPERS INNER FAN BOY WHILE UNEARTHING AN IMPERFECT ROCK STAR

PAGE 13



OTTAWA

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Tuesday, November 13, 2012



News worth sharing.

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SWEET DE-LIGHT

Indian sweets are all the rage as Ottawa's Indian community celebrates Diwali, India's festival of light. From left: sweets chef Ram Yadav, Indian Express owner Rakesh Walia and son Ravi Walia. GRAHAM LANKTREE/METRO

Teachers' job action miffs minister

Education. Union official says work-to-rule will affect admin, not students



GRAHAM LANKTREE
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Teachers and the province made progress during around-the-clock contract negotiations on the weekend, but Ontario's education minister says discussions are no longer possible at the provincial level.

"Unfortunately, OSSTF has indicated they will go ahead with strike actions starting Monday," said Education Minister Laurel Broten, of the Ontario Secondary School Teachers' Federation's work-to-rule action starting Monday morning.

"This is disappointing and makes clear that discussions at the provincial level are no longer possible."

By working to rule, teachers are continuing classes but are taking action by cut-

Quoted



"We will monitor strike action very closely over the next few days with a specific focus on student safety."

Ontario Minister of Education Laurel Broten

ting parent-teacher meetings, comments on report cards and teacher supervision of hallways and school cafeterias.

Progress was made on the weekend during the negotiations around a new contract, according to Harvey Bischof, vice-president of the OSSTF, yet teachers said they could not delay strike action for a second time since last Wednesday.

Ontario high school teachers were set to take action Wednesday over Bill 115, a piece of legislation brought out in September that freezes teachers' wages, bans strikes for two years and prevents them from banking sick days they could cash out at the end of their careers.

Under the same union, support staff are also joining

teachers, said Bischof.

"It includes supply teachers, custodial, maintenance, office, clerical staff and professional student-advisory personnel," he said.

The education minister encouraged local union bargaining to continue until the deadline of Dec. 31, when a new contract will be imposed on teachers by the province if a deal cannot be reached.

Bischof said that teachers accept part of the deal put forward by the province, but that a few details need to be ironed out.

"We have been very, very clear that we are willing to work within the fiscal parameter that the province is proposing," he said.

The union, he added, does not have plans to accelerate and broaden its strike action.

Ink on ink

Ottawa startup Tattoo Hero takes top marks at Startup Weekend competition, will compete globally PAGE 4

Not alone

Ottawa-based police officer takes aim at stopping sexual violence and discrimination against female officers PAGE 6

Election lesson

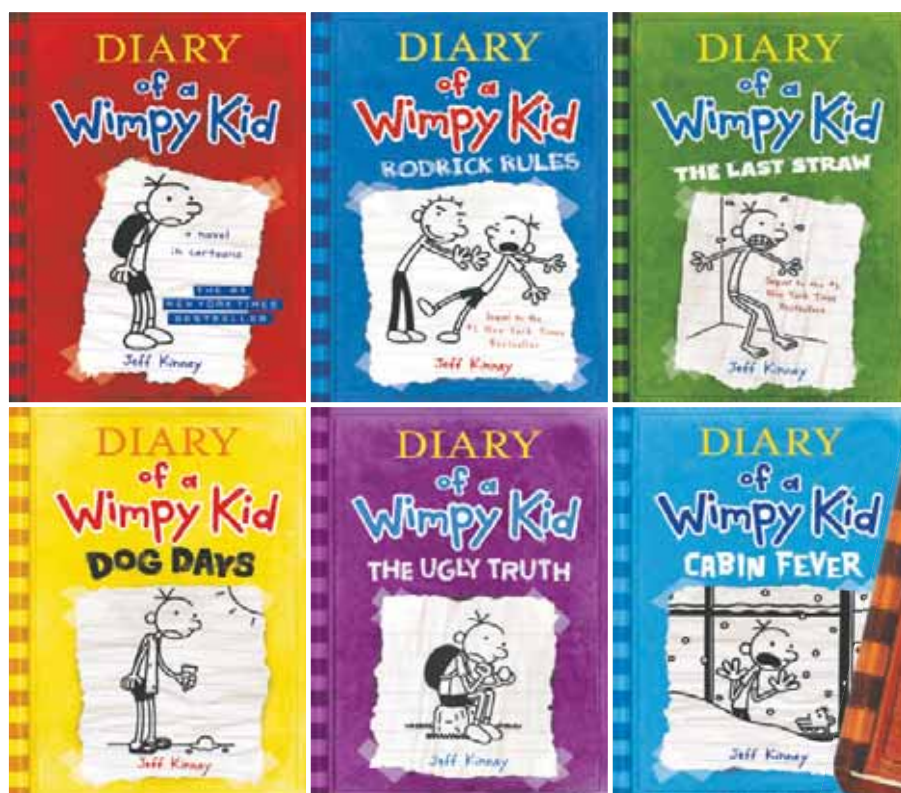
Justin Trudeau's leadership team seeks out advice from Obama's staff on how to win

PAGE 7

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Kennedy takes another run at provincial Liberal leadership

His hat's in the ring.

Candidate was first elected to Queen's Park in 1996 before resigning for a federal leadership bid in 2006

Saying he has no ties to the scandals that have rocked Ontario's Liberal government, former MP and one-time education minister Gerard Kennedy launched another bid Monday to become party leader and premier.

The \$1-billion eHealth scandal, a police probe into the Ornge air-ambulance service and decisions to cancel two gas-fired power plants at a cost of hundreds of millions of dollars all happened after Kennedy left Ontario politics for the federal scene.

"I hope the fact that I'm not associated with any of the issues that have been flash points will allow us to deal with those issues," Kennedy said in

an interview.

"So, yes, I think there is a fresh start that I'll be able to bring to the table, and that includes our taking responsibility for problems, fixing what needs to be fixed so they don't ever happen again."

Kennedy, who lost to Dalton McGuinty in the 1996 Ontario Liberal leadership race and lost the federal Liberal leadership to Stéphane Dion 10 years later, moved quickly to distance himself from legislation that imposed a two-year wage freeze on most teachers, and suggested he would repeal the bill.

Kennedy also took aim at McGuinty's move to prorogue the Ontario legislature and promised to recall members "as soon as possible" if he becomes leader on Jan. 25, instead of waiting until he wins a seat in the legislature.

Leadership rival Sandra Pupatello, the only other candidate who is not currently a member of the Ontario legislature, said if she becomes premier she would first want to win a seat in a byelection be-



Ontario Liberal leadership hopeful Gerard Kennedy talks to supporters and media during Monday's campaign launch at Williams Coffee Pub in London, Ont. ANGELA MULLINS/METRO IN LONDON

fore she recalls the house.

Charles Sousa, Glen Murray and Kathleen Wynne all recently resigned from cabinet

to launch their campaigns. Eric Hoskins also resigned from cabinet last week — a prerequisite set by McGuinty for making

a leadership bid — and is expected to launch his campaign at a news conference Tuesday.

THE CANADIAN PRESS

FearLess Project aims to eliminate fear of cancer



Cancer survivor Kim Gurtler said she fears her children, Alexa, 11, and William, 10, will develop skin cancer. ROSANNA HAROUTOUNIAN/FOR METRO

The Canadian Cancer Society's FearLess Project aims to change the way Ontarians think about cancer by encouraging them to share their fears about the disease online.

Cancer survivor Kim Gurtler said she wasn't scared of cancer before her diagnosis because she felt she took precautions to prevent it.

"I was shocked, completely floored when I found out I had cancer, because it doesn't happen to healthy people, right?" she said.

In August 2008, Gurtler, then 39, was diagnosed with malignant melanoma, a type of skin cancer that spreads

to other organs. She said she had skin and lymph nodes removed from her leg and groin to prevent the spread.

"Luckily it hasn't, but melanoma is very unpredictable and it can come back at any time," Gurtler said, adding she regularly sees a team of doctors to ensure the cancer isn't returning.

The fears she wrote about on thefearlessproject.ca relate to her two children rather than remission.

"My son, William, is whiter than I am," she said. "As much as I tell him, 'Lather up and put your hat on,' he's 10. It's not that easy at 10."

She said that by sharing their fears, people are not only directed to services and support groups, but can help the Canadian Cancer Society develop new ones.

"They are offering excellent programs right now, but maybe there's something they're missing," said Gurtler.

An Ipsos Reid survey of Ontarians found that 70 per cent fear cancer more than heart disease, Alzheimer's and diabetes. The Canadian Cancer Society estimates that in 2012, 27,900 people will die of cancer in Ontario, and 72,300 new cases will be diagnosed.

ROSANNA HAROUTOUNIAN/FOR METRO

What do you fear?

The 10,121 fears posted on thefearlessproject.ca include:

- "Not completing my bucket list"
- "Leaving my kids without a dad"
- "Losing a part of my body"

According to the Canadian Cancer Society, the two biggest fears people express are "Feeling sick and unable to do everyday things" (82 per cent) and "Dying and leaving behind loved ones" (77 per cent).

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Tattoo Hero takes top prize at Startup Weekend Ottawa

Entrepreneurs. Ottawa website will now compete worldwide in the Global Startup Battle

ROSANNA HAROUTOUNIAN
Ottawa@metronews.ca

A website that connects people with reputable tattoo artists won first place at the Startup Weekend Ottawa event on Sunday.

Software engineer and tattoo enthusiast Steve Tannahill, who developed the idea behind Tattoo Hero, said it was a shock to learn his team had won.

"It was really intense, but now that it's over I'm really proud of what we've accomplished," said Tannahill.

Tannahill said he developed Tattoo Hero after hearing from his sister about her difficulties in deciding what tattoo to get and where to get it. He said the website is a place where people can research local artists who are featured on the site by invitation only.

"Not only are they getting

information about tattooing, but they're getting it from people who are leaders in the industry — not just Joe Blow in his basement trying to earn a quick buck," said Tannahill.

On Friday night, participants presented their ideas and formed teams around the top twelve. Tannahill's original idea was a bidding-based website where artists could bid on customers' designs. After speaking with local artists, he decided it would be better to present their work and let customers decide what they like.

"It starts that conversation between the two of them and allows a person to get that warm invite into a shop so they feel comfortable."

Startup Weekend is a grassroots organization that aims to teach entrepreneurs the basics of starting businesses and gives them the tools to launch ideas successfully. The top prize includes free job postings, web-development consultations, and \$1,000 worth of legal services.

Tattoo Hero will now go up against winners from 150 other Startup Weekend cities in a global competition.



Steve Tannahill's website, Tattoo Hero, won first place at the end of Startup Weekend Ottawa on Sunday. The site features information on local tattoo artists to help potential customers decide where to go and what designs to get. ROSANNA HAROUTOUNIAN/METRO

Community to rise from the ashes of Rockcliffe



An abandoned tennis court overlooks the Ottawa River and Aviation Parkway from former Canadian Forces Base Rockcliffe. The base is slated for redevelopment for a community of 7,500 starting in 2015. GRAHAM LANKTREE/METRO

A new community will rise from the ashes of Ottawa's former Rockcliffe airbase by 2015, as development plans for the 301-acre plot speed ahead.

"They had a plan to build a community for 15,000 people before, but now they're proposing a population of half of that," said Alexander Macklin, a past president of the Rockcliffe Park Residents Association. "We're pleased with that. We don't want anything like

the condominiums on the Vanier Parkway."

Macklin has been following redevelopment plans for Canadian Forces Base Rockcliffe since they began in 2005. Development was held up for three years on a land-claim dispute filed by the Algonquin First Nation. The Canada Lands Company settled to the tune of \$10 million in 2011.

An abandoned elementary school on the property caught

Open house

CLC will host an open house at the Canada Aviation and Space Museum Nov. 26 from 3 to 9 p.m. Presentations begin at 4 p.m. and 7 p.m.

Don Schultz, director of real estate for the project, has been visiting community groups in recent weeks to share CLC's vision leading up to a Nov. 26 public meeting for the project.

One proposal indicates a strip of land near the National Research Council will be reserved for startup businesses so they can collaborate with federal scientists and researchers.

GRAHAM LANKTREE/METRO

fire Monday morning, which Macklin said highlights a need for redevelopment.



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Ongoing investigation. Abandoned school burns down at former air base

Firefighters were battling a blaze for more than 12 hours Monday that burned at an abandoned school at the former Rockcliffe air base.

Ottawa Fire Services spokesperson Marc Messier said just before noon an excavator arrived on scene to allow crews to access deeper parts of the burning build-

ing located near Codd's Road and Blackthorne Avenue.

There were no reported injuries.

Messier said the Office of the Fire Marshall will attend the scene to conduct an investigation.

The cause of the fire has not yet been determined.

JOE LOFARO/METRO OTTAWA

Suspect fled scene

Cops nab alleged car-jacker

Ottawa police believe a man they arrested at the St. Laurent Shopping Centre Sunday is the same man behind a car-jacking near the intersection of Walkley and Conroy Roads earlier that day. Police said the suspect forcefully removed a woman from her car at knifepoint at 11:20 a.m.

The suspect fled the scene in the victim's vehicle. Shortly after, he was arrested at the mall for an unrelated incident.

JOE LOFARO/METRO OTTAWA

Suspicious death

Police discover human remains

Provincial police are investigating the discovery of human remains in a wooded area in eastern Ontario, about 100 kilometres west of Ottawa. Police say they were called to a location about four kilometres west of Calabogie in Greater Madawaska Township on Sunday afternoon. Police say the remains have not been identified pending a post-mortem examination.

Investigators are treating the death as suspicious.

THE CANADIAN PRESS

Officer raped by colleague fights back with petition



Denise Robinson says the stories of other female police officers have made her feel less alone after being raped by her colleague in 2010. JOE LOFARO/METRO

Sexual harassment.

Robinson launches online petition to help protect female police officers from abuse and discrimination



JOE LOFARO
joe.lofaro@metronews.ca

Denise Robinson used to feel completely alone before making her story about being raped by a fellow police officer public.

But that changed once other female officers came forward with similar stories.

"For so long I thought this was an isolated case," said Robinson, a Special Constable with

Online

Robinson's petition can be found at change.org/en-CA/petitions/protect-female-police-officers-from-abuse-and-discrimination-in-canadian-police-forces.

the Kativik Regional Police in northern Quebec.

She was raped by her colleague Joe Willie Saunders on Feb. 5, 2010, while she was intoxicated in her police residence after being driven home from a house party. Saunders pleaded guilty to sexual assault and was sentenced Aug. 24 to 18 months in jail.

Robinson has been staying with family in Ottawa for the better part of two years while receiving treatment for post-traumatic stress disorder and fighting for lost pay. She said on Nov. 2 her employer offered her three months' pay if she quit her job. "Accepting that offer, to me, is telling them it's OK what they did," she said.

After she decided to make her story public and launch an online petition to protect female officers from abuse and discrimination, she said four female police officers have contacted her to tell their stories about sexual harassment in the workplace. "They say, 'No, this is happening to all of us. And you're not the only one, but thank you for speaking up,'" said Robinson.



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INCLUDES roundtrip San Jose airfare and 7-day car rental with unlimited mileage. Departs Dec 4/ggv/dl.

Buenos Aires Air + 7 Nights 4-Star **\$1854**
Melia Buenos Aires
INCLUDES boutique accom in the city centre. **BONUS** daily breakfast included. Departs Dec 3/ggv/ua. **ADD** dinner and tango show for \$112.

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Trudeau's team looks to Dems for advice

Politics

Canada was braced for UN torture grilling, briefing memos show

Canada fully expected the intense grilling it got from a United Nations committee earlier this year about its international obligations to shun torture and other cruel treatment, newly released briefing memos show.

Officials quietly advised Justice Minister Rob Nichol-

son the committee would "likely press Canada" on issues ranging from prison overcrowding and police use of force during demonstrations to murdered aboriginal women and redress for people subjected to torture abroad.

The federal government was also prepared to defend its refusal to arrest former U.S. leaders George W. Bush and Dick Cheney for alleged war crimes perpetrated during the American pursuit of terrorism suspects.

THE CANADIAN PRESS

Crime

War memorial vandalized in Toronto park

Police are investigating after a war memorial was vandalized on Remembrance Day in Toronto.

The Victory Peace memorial in Coronation Park was defaced with the words "Canada will burn praise Allah" written in what appeared to be black marker.

City workers were called

in to clean the bronze memorial, built in the 1990s. Someone walking through the park on Sunday noticed the vandalism and reported it to authorities.

Police say they don't have any suspects at the moment.

The Canadian Council on American-Islamic Relations says it condemns the vandalism, calling it "senseless" and "ignorant."

"We call on witnesses to step forward to assist police in finding the perpetrators," the council said in a statement.

THE CANADIAN PRESS



Liberal MP and leadership candidate Justin Trudeau attends a Remembrance Day ceremony in Montreal on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

Victory. Grit-leadership contender's campaign seeks out Obama's staff for lessons on winning

Hot on the heels of President Barack Obama's re-election victory, Justin Trudeau's Liberal-leadership team is looking to U.S. Democrats for advice on how to win.

Mitch Stewart, who was the battleground-states director for the Obama campaign, has been sought out to speak to Trudeau's strategists on Thursday, according to officials with the campaign.

Trudeau's leadership bid is being organized around much of the same strategic goals that drove Obama's vic-

tories in 2008 and this year — rallying support from young people and other progressive-leaning voters who haven't traditionally cast ballots in elections.

If Trudeau wins, that is also the same approach he hopes to use to put the Liberals back on a competitive footing with the Conservatives in 2015.

Stewart, who rose to the top ranks of the Obama team after delivering a surprise win in Iowa in 2008, was the man in charge of getting out the Democratic vote this year in all-important swing states such as Ohio and Florida, where Obama was triumphant over Republican challenger Mitt Romney.

TORSTAR NEWS SERVICE

Criticism. Comedian Colbert says Windsor may be 'Earth's rectum'

In his latest book, comedian Stephen Colbert gives a wag of the finger to Ontario's City of Roses.

The book, entitled *America Again: Re-becoming the Greatness We Never Weren't*, contains a section about renewable energies and geothermal power.

"Before we can harness geothermal power, we have to take the planet's temperature with a geothermometer," reads the passage. "And I have no idea where the Earth's rectum is!"

A footnote on the latter sentence suggests Windsor, Canada, as a possible location.

This isn't the first time the Comedy Central host has taken a swipe at Windsor. A



Stephen Colbert GETTY IMAGES

2007 segment on his show listed the city as one of the worst places on Earth.

City spokesperson Jason Moore questioned whether Colbert had ever been to Windsor, but declined to offer further comment.

THE CANADIAN PRESS



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Puppeteer accused of underage relations

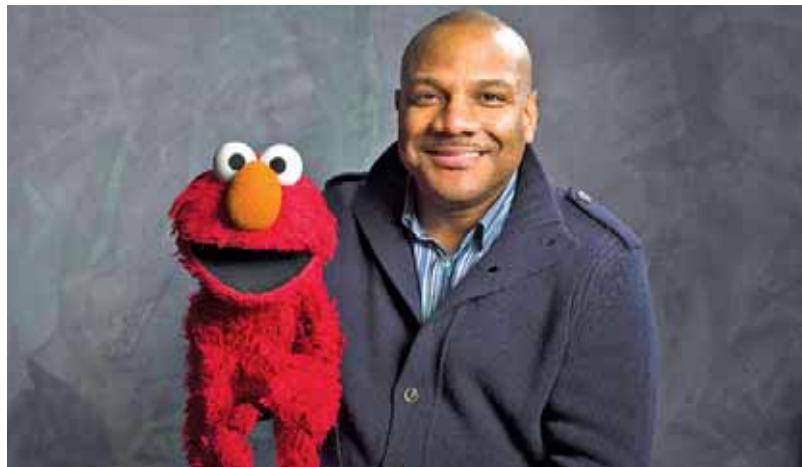
Elmo. Allegations were unsubstantiated, but Clash is taking a leave of absence from Sesame Street

The puppeteer who performs as Elmo on Sesame Street is taking a leave of absence from the iconic kids' show in the wake of allegations that he had a relationship with a 16-year-old boy.

Puppeteer Kevin Clash, 52, has denied the charges, which, according to Sesame Workshop, were first made in June by the accuser, who by then was 23.

"We took the allegation very seriously and took immediate action," Sesame Workshop said in a statement issued Monday. "We met with the accuser twice and had repeated communications with him. We met with Kevin, who denied the accusation."

The organization described the relationship as "unrelated



Sesame Street muppet Elmo and puppeteer Kevin Clash pose for a portrait during the 2011 Sundance Film Festival in Park City, Utah, to promote the film Being Elmo. Clash has taken a leave of absence from the popular kids' show following allegations that he had a relationship with a 16-year-old boy. VICTORIA WILL/THE ASSOCIATED PRESS FILE

to the workplace." Its investigation found the allegation of underage conduct to be unsubstantiated. But it said Clash exercised "poor judgment" and was disciplined

for violating company policy regarding Internet usage. It offered no details.

"I had a relationship with the accuser," Clash said in a statement of his own. "It

was between two consenting adults and I am deeply saddened that he is trying to characterize it as something other than what it was."

THE ASSOCIATED PRESS

Legalizing pot. Latin American leaders call for review of U.S. policy

Two U.S. state decisions to legalize marijuana will have implications for international efforts to quash drug smuggling, four Latin American leaders declared on Monday.

Mexico, Belize, Honduras and Costa Rica called for the Organization of American States to study the impact of the votes in Colorado and Washington, and said the United Nations' General Assembly should hold a special session on the prohibition of drugs by 2015 at the latest.

Marijuana legalization by U.S. state governments is "a paradigm change on the part of those entities in respect

Drug trafficking

Mexico is one of the primary suppliers of marijuana to the U.S., while Honduras and Belize are important stops on the northward passage of cocaine from South America.

to the current international system," Mexican President Felipe Calderon said.

Mexico has seen tens of thousands of people killed over the last six years as part of a militarized government attempt to destroy the country's drug cartels. THE ASSOCIATED PRESS

Act of vengeance

New IRA claims responsibility for first killing

A new Irish Republican Army faction in Northern Ireland claimed responsibility Monday for its first killing and defended the bloodshed as a necessary

act of vengeance.

The group, a merger of factions that brands itself as simply the IRA, said in a statement to the Irish News in Belfast its members shot to death David Black this month because he worked as a guard at Northern Ireland's top-security Maghaberry prison. About 40 members of IRA factions are imprisoned there. THE ASSOCIATED PRESS



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Man with plan to throw manure on royals caught

Six-day tour. New Zealander charged with planning horse-manure assault on Prince Charles during a royal visit

Police say they caught a New Zealand man before he had a chance to throw a bucket of horse manure over Prince Charles and his wife Camilla during a royal visit to the Pacific nation.

Castislaw "Sam" Bacanov, 76, pleaded not guilty in an Auckland court Tuesday to planning a crime in a public place. He has agreed under his bail conditions to keep at least 500 metres from the royal couple.

The Prince of Wales and the Duchess of Cornwall are on a six-day tour of New Zealand,



Britain's Prince Charles greets well-wishers on Queen Street in Auckland, New Zealand, on Monday. ROSS SETFORD/THE ASSOCIATED PRESS

the last leg of their Pacific tour marking Queen Elizabeth II's 60th jubilee.

Police spokeswoman Norreen Hegarty said officers arrested Bacanov, a known anti-royalist, on Monday near a downtown Auckland venue where Charles and Camilla

were due to appear. She said the royal couple had not yet arrived at the outdoor venue and were never in any danger.

Hegarty said officers were making sure the area was safe when they noticed the man with the bucket.

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Measure B. LA County vote requires porn stars to use condoms

The show must go on, is the entertainer's credo, and it did just that in the U.S. Porn Capital even after Los Angeles County voted to require performers to use condoms when filming sex scenes.

One of the industry's biggest stars, James Deen, reported for work, condom-free as usual, just hours after voters adopted the new law.

During a break in the action Thursday, however, Deen raised the same questions on the mind of everyone in LA's billion-dollar-plus porn industry: Can a planned court challenge get the new law tossed out before it is even implemented? Or, perhaps

Industry fears losses



"The last time we attempted to go all-condom, our industry lost sales by over 30 per cent."

Porn star James Deen

this time next year, will he be making films like Atomic Vixens in some place like Las Vegas or Florida?

The law, listed as Measure B, was passed by 56 per cent of voters. **THE ASSOCIATED PRESS**

Ikea

Swedish retailer accused of benefiting from forced labour

Swedish furniture giant Ikea will release a report this week addressing claims it benefited from forced

labour in communist East Germany, the company and victims groups said Monday.

The report by auditors Ernst & Young looks into allegations that Ikea used East German suppliers who employed prisoners — some of whom were political dissidents — to manufacture goods from the 1960s to 80s. **THE ASSOCIATED PRESS**

Decorated Indian sprinter charged with partner rape

XY intersex. While Pinki Pramanik, 26, competed for India as a woman, gender tests confirm she's a man

A runner who won medals for India while competing as a woman was charged with rape on Monday after a gender test indicated she is actually a man, according to media reports.

Pinki Pramanik, 26, became a national star after rising from childhood poverty to win gold while anchoring India's 400-metre relay team at the 2006 Asian Games.

One of the charges

"Cohabitation caused by a man deceitfully inducing belief of a lawful marriage."

The wording on one of the charges faced by Pinki Pramanik

Pramanik won a silver medal at Sydney's Commonwealth Games the same year.

Pramanik became mired in controversy in June after the retired runner's live-in girlfriend accused Pramanik of being a man masquerading as a woman and of raping her.

Pramanik denies all the charges. On Monday, Agence-France Presse reported that the police had charged Pramanik with rape after a medical board set up to determine Pramanik's gender concluded she is a man.

She has also been charged with impersonation, cheating, assault and intimidation. The medics said Pramanik is a "male pseudohermaphrodite," a condition normally called XY intersex. It means the chromosomal sex and internal sex organs indicate the person is male, while external genitals appear female or are ambiguous.

Pramanik retired in 2008, disappearing from the public eye and buying a house in the eastern city of Kolkata.

TORSTAR NEWS SERVICE



Indian police on Monday charged Pinki Pramanik, an gold-medal-winning international athlete, with raping her former partner. **AFP/GETTYIMAGES FILE**

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Oman. Tim Hortons opens 20th Gulf-state restaurant

Oman has its first Tim Hortons restaurant as the iconic Canadian chain expands operations in the Persian Gulf states.

The Oman restaurant is the 20th Tim Hortons to open in the region since the chain signed a master licence agreement with the Apparel Group last year. The agreement calls for up to 120 multi-format stores to be opened in the United Arab Emirates, Qatar, Bahrain, Kuwait and Oman over a five-year period.

"We're thrilled that the Apparel Group has reached the milestone of 20 restaurants in the GCC (Gulf Co-operation Council), since opening the first location in Dubai in September

By the numbers

4,100

Tim Hortons has more than 4,100 restaurants, including more than 3,300 in Canada.

of 2011," said David Roy, Tim Hortons' managing director of international operations.

Using a targeted approach to explore international opportunities is part of the company's strategic plan. "The company will continue to focus on expansion in existing GCC markets, focusing next on Qatar," it said. **THE CANADIAN PRESS**



Spanish banks freeze mortgage evictions

Mortgage Victims Platform member Marta Uriarte, centre, who has stopped the auction of her home three times, speaks outside Caja Madrid's main office on Monday in Madrid, Spain. Spain's banks announced that for the next two years, they will suspend mortgage-related evictions of the most vulnerable people. There have been around 350,000 house evictions since Spain's property market crashed in 2008. **PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES**

Quebec. Victims' fund set up after plant blast

A special fund will be created to help the families of victims in a plant explosion last week that killed three people, sent 19 to hospital and flattened an industrial facility.

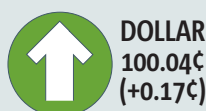
The company that owns the plant, Neptune Technologies & Bioresources, announced its plan to set up the fund Monday. It said the fund would pay for psychological help and offer financial assistance to families of workers who were killed or remained in hospital.

An explosion and subsequent fire destroyed the company's production plant in Quebec's Eastern Townships. The explosion could be heard for kilometres, and the fire reduced the plant to heaps of charred rubble.

It was one of two similar incidents in Quebec within a 24-hour period. Several hours later, an explosion rocked a plant in the same region belonging to Bombardier Recreational Products. Bombardier said Monday that one of its employees, who was in hospital, had died from his injuries.

THE CANADIAN PRESS

Market Minute



DOLLAR
100.04¢
(+0.17¢)



TSX
12,191.46 (-5.34)



OIL
\$85.57 US (-50¢)



GOLD
\$1,730.90 US

Figure reflects currency's value on international markets in mid-afternoon trading. The Canadian dollar did not trade in Canada Monday as banks were closed for Remembrance Day.

Natural gas: \$3.57 (+6.7¢)
Dow Jones: 12,815.16 (-0.23)

BB10 devices

RIM to unveil new BlackBerrys Jan. 30

Research In Motion made another step toward the release of its new BlackBerry smartphones Monday, saying it plans to unveil the devices and its new operating system on Jan. 30. It did not say when customers will be able to buy the devices.

THE CANADIAN PRESS

Road safety

Do you speak vroom-vroom?

Toyota Motor Corp. is testing car-safety systems that allow vehicles to communicate with each other and with the roads they are on in a just-completed facility in Japan. The system uses sensors and transmitters installed on streets to reduce accidents. **THE ASSOCIATED PRESS**

Fantasy football

Yahoo apologizes for site outage

Yahoo Sports emailed fantasy-football players early Monday to apologize for problems with its site and mobile apps. An outage left thousands complaining of last-minute lineup problems and possible lost money on NFL games Sunday. **THE ASSOCIATED PRESS**

Brick acquisition will help Leon's keep lid on costs

Retailing. Companies plan to flex their joined purchasing power

A combined Leon's and The Brick should be able to enhance their competitiveness in an increasingly gritty retail environment, even though both banners will continue to fly separately, the companies and analysts said Monday.

The friendly purchase of Edmonton-based The Brick by Toronto-based Leon's for \$700 million has less to do with direct competition posed by giant American retailers such as Target or Wal-Mart, they said, than with the need to keep a lid on costs.

"What's most in the forefront of our minds is: The economy is difficult; generally, it's not growing, and if it is growing, it's growing very slowly," said Terry Leon, CEO of Leon's, who will head up the combined entity.



Terry Leon, president and CEO of Leon's, chats with Vi Konkle, president and CEO of The Brick, after a news conference in Toronto on Monday. **CHRIS YOUNG/THE CANADIAN PRESS**

"So the best way to grow and to expand is to, if you can, make a purchase that makes sense."

The Canadian retail landscape has been shifting in recent years as more American chains in search of growth opportunities make their way north, which has increased

competition in retail segments, including furniture.

As well, many Canadian retailers from Loblaws to Canadian Tire have moved to compete by diversifying their offerings, including through furniture sales, to become more of a one-stop shop experience for consumers.

The companies said they had no plans to close any stores or lay off any employees. Rather, they said, they would try to become more competitive initially by flexing their combined purchasing muscles and by joining distribution channels.

Ken Wong, with the Queen's School of Business, said the blurring of retail boundaries is having a profound impact on the landscape that goes well beyond new U.S. competition.

"It's not just about American versus Canadian — it's about getting costs down," Wong said. "Whoever has the lowest cost wins, provided they know what to do with those low costs."

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I'LL CRY IF I WANT TO



SHE SAYS...
Jessica Napier
metronews.ca

Wherever I am in the city, I am never more than five blocks away from somewhere I have cried.

As a non-hermit kind of person who happens to have a lot of feelings at inconvenient times, I am no stranger to the public meltdown. And I'm not just talking about socially acceptable places like during a funeral or in a darkened movie theatre; I mean everywhere.

I have welled up on crowded buses during rush hour, sobbed in department-store fitting rooms, bawled uncontrollably over dinner at fancy restaurants, and let myself go in plenty of other very public locales.

A sob story

I can usually will myself to get it together after a couple of minutes but I'm always left feeling a little uncomfortable after inviting strangers to witness my personal suffering.

I have always been a crier. Tearing up is my go-to response mechanism for an array of feelings — sadness, joy, heartbreak and anger all lead to waterworks. There is never a particularly good time to cry, but doing it in public is always embarrassing.

I can usually will myself to get it together after a couple of minutes but I'm always left feeling a little uncomfortable after inviting

strangers to witness my personal suffering.

I suppose it would be OK if I were an attractive weeper. Back when *The Hills* was must-see TV, I watched Lauren Conrad in awe as she gracefully mastered the perfect single tear.

Unfortunately, my sob sessions leave me looking like a blubbering mess with swollen red eyes and a gruesome mixture of mascara and snot streaming down my face.

I've always thought of my tendency to burst into tears as a sign of weakness. I felt as though I was exhibiting a complete lack of self control every time I lost it during a sentimental reality-show moment or when I missed the bus by seven seconds.

But as our communication channels evolve and our real emotions become increasingly replaced with cartoon-like emoticons, I've come to realize that crying is actually an incredible embodiment of our own mood.

It doesn't get more real than being so overwhelmed with emotion that you find yourself breaking down in the washroom at the office or sobbing quietly in a Starbucks lineup.

Passionate feelings can be untimely and awkward, but we shouldn't challenge ourselves to suppress them.

In fact, we should be embracing our volatile moods.

Crying in public means you're actually having a real emotional experience in the three-dimensional world; not just LOLing at another YouTube clip on your iPhone.

After all, if the most powerful man in America can shed a few tears of joy after being re-elected, then we should recognize that there's no shame in breaking down in front of one another.

Follow Jessica Napier on
Twitter @MetroSheSays



It's a snake on a plain



FRANCO BANFI/SOLENT

Wildlife photography

Diver takes risk to see anaconda

A brave diver gets up close to a huge anaconda snake after it gobbled up its prey.

Underwater photographer Franco Banfi, 54, ventured close enough to touch the scary, lengthy beast as it lay in the sun.

Thankfully, its swollen belly shows it has recently eaten a capybara rodent and will have little interest in feeding again for a while. **METRO**

In movies and reality

Monstrously big, but lazy, sluggish

Anaconda, the 1997 adventure-horror movie starring Jennifer Lopez and Jon Voight, depicts the bulky reptile as a monstrous beast that targets humans.

In truth, anacondas are non-venomous and tend to move in a rather sluggish manner.

"As humans, we tend to judge animals, we look above them. It's easier to label them as dangerous than anything else," Banfi said. **METRO**

Brazilian region

Translates to 'thick forest of the south'

Banfi saw six different female anaconda snakes on his 10-day trip to the Mato Grosso do Sul region in southern Brazil, right in the heart of South America.

The region, whose name literally means "thick forest of the south," is known for its diverse natural beauty.

"Normally, these snakes bathe in mud, so we were lucky to get the photos in the end," says Banfi.

METRO

Anaconda's size

8

metres and 200 kilograms is the approximate length and weight of this anaconda specimen. Due to its massive size, the anaconda feeds on a range of prey from large rodents, such as capybaras, pigs, caiman crocodiles and even jaguars.

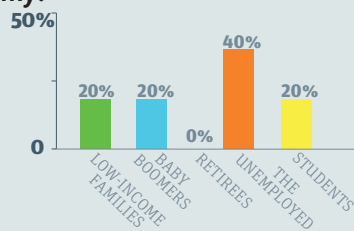


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I would love to see @maroon5 in concert but they skipped Ottawa#ofcourse #Thecapitalis-forgotten @adamlevine

@leafscrazed: • • • • •
"f@felixpotvin: So did 50% of Ottawa season ticket holders. RT @ian_mendes I grew up as a Habs

fan." Other half were Leafs fans!

@McNudde: • • • • •
Went down to #NationalWarMemorial today in #Ottawa. When wind blew #poppies off to #unknownsoldier's tomb people ran to put them back on.

@KailuhEagle: • • • • •
Muse is coming to Ottawa in a few months. Time to start saving up

Biography looks at Boss's family, his music and his drive for fame

Bruce. Author balances inner fan boy with unveiling Springsteen's imperfections

PAT HEALY
scene@metronews.ca

When Peter Ames Carlin learned that Bruce Springsteen was willing to sit down with him for the Boss biography that he was writing, the author had to keep himself in check.

Yes, this was the first time that Springsteen would be cooperating with a biographer in 25 years, and yes, this was the man who had helped inform his world vision, but Carlin had a warts-and-all book to write.

"The fan boy in me had been locked in a cage long before I got to meet Bruce," says the author. "When I met him, it was super-intense, but for me, the thing that mattered at that point was that I was working on this book and this could conceivably be the difference between it being an extraordinary book and being another book about Bruce Springsteen."

The book, simply titled *Bruce*, does, arguably, achieve the distinction that he was hoping for.

Through intimate interviews with family members and band members past and present, Carlin unearths previously unpublished anecdotes about his subject's childhood (as a little kid, Springsteen kept the same nocturnal rock star hours he does now), about his early rocking years (one of Springsteen's bands honoured a commitment at a small New Jersey club rather than accepting an invitation to play Woodstock in 1969) and his family struggles with mental illness.

"A big part of how this

book advances the story is being very up front about how his dad was manic depressive. He had a serious untreated mental illness for his entire adult life," says Carlin. "We were talking later about depression or something and I said to him, 'Bruce, you said something to me that made me wonder, and it seemed like you were telling me that you take antidepressants. Am I correct?' and he said, 'Yeah.' And I said, 'How would you feel about me putting that in the book?' and he was silent for a second and then he said, 'Yeah, that's OK.'"

The man that emerges from the 474 pages of *Bruce* is alternately a controlling boyfriend, a driven bandleader, a junk food junkie and an artist who is constantly challenging himself.

"He works really hard at being a good man and doesn't always live up to his own expectations of himself," says Carlin. "It felt very important to me to report stories I had heard about him being a dick. And I watched him have a temper tantrum on stage, at a soundcheck, furious at a guy who wasn't even at work yet."

Even though Carlin unveils these imperfections and his inner fan boy is securely locked up throughout the narrative, he says his respect for Springsteen's artistic vision is unwavering.

"He's so smart, so sensitive and so unafraid to dive into the darkness and mourn the horrors of the world, but also maintains that belief in possibility," he says.

Carlin was not the only one who learned a lot about Bruce Springsteen during this three-year writing process.

"He told me later, after he read the book, that part of what he valued about it was that he was reminded of how special the people in his life were," says Carlin.



Bruce Springsteen performs at the 6th Annual Stand Up For Heroes benefit concert for injured service members and veterans Nov. 8, in New York. CHARLES SYKES/INVISION/THE ASSOCIATED PRESS

Keep pushin' 'til it's understood

Photographer Eric Meola, best known for capturing Springsteen and late E Street Band sax legend Clarence Clemons on the iconic cover of *Born to Run*, has also recently released a new book on the

Boss.

The book, *Streets of Fire: Bruce Springsteen in Photographs and Lyrics 1977-1979* is another rare glimpse of an artist who is constantly evolving.

Many of the shots were taken at the sparsely decorated farmhouse Springsteen rented after *Born to Run* made him a star. The shots almost look like demo versions of the cover of *Darkness*

on the *Edge of Town*, which came out in 1978.

"Every time we would get together, we would end up doing something very different from the time before," says Meola. "He would stand in attic alcoves with light coming in and creating beautiful shadows and I started to realize that the emptiness of the house reflected a lot of the loneliness and despair that was going on in the music."

2 SCENE



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K'naan learns love is harder than war

Country, God or the Girl. Somalian artist goes inward, uses his tour of Africa to free himself and write about what's important

K'naan arrived on the scene singing about struggles — his hit *Wavin' Flag* was a timely freedom anthem during the 2010 World Cup. But his new record *Country, God, or the Girl* looks inward.

"I went to 22 countries in Africa, back to back, on tour," the Somalia-born artist says. "See-

ing Africa to that degree freed me from having a narrow message in my music."

He says when a friend told him about working in refugee camps during the Rwandan genocide, it changed his perspective on global thinking.

"When people settled into the evening," he says, "nobody talked about the horrific tragedies that were happening. They were talking about their lost loves. And that hit me so deeply — how human beings are having the same conversations everywhere, even in times of war and famine. Their favorite songs are always love songs. And I wasn't speaking to them in the place that was most important to them."

The singer says he has

Quoted

"I've had my chance to write about my experiences in a difficult and violent life"

K'naan

come to a conclusion about approaching certain subject matter. "Love is harder than war," he says. The sound of *Country, God, or the Girl* is a blend of pop and African melodies, and tracks mostly focus on internal conflict, relationships and personal growth.

"To progress musically, I had to open myself up," he says. K'naan is also joined by a

wishlist of high profile special guests, including Bono, Keith Richards, William, Nas and Nelly Furtado. But no matter who is joining him, he says it all comes down to one person: "I've had the chance to write about my experiences in a difficult and violent life. ... But when the suffering and the pain is something that comes from within me, it's harder to react and to write about that."

K'naan says he doesn't write while he's on the road.

"I know that some artists that I'm friends with do that, but I just prefer there be distance between my being celebrated as an artist and my having something to share. Because ... being idolized on stage and then writing a song could



K'naan rose to fame with his World Cup 2010 hit *Wavin' Flag*. HANDOUT

be a little dangerous, I think. But when you are living, and nobody cares that you're walking around in the street, your girlfriend is giving you a hard

time and (so is) your family, all of that, that's the context in which an artist writes. That's when I like to write."

METRO WORLD NEWS

Be taken Home by One Direction

New album. U.K. act's follow-up to successful *Up All Night* is a mix of ballads and upbeat songs to get teenage hearts racing

One Direction's sophomore album, *Take Me Home*, comes one year after the group released its debut, *Up All Night*, in the United Kingdom.

The latter, which came out in America just eight months ago, has already sold 1.3 million units and is still in the top 25.

The wholesome-looking quintet has joined Justin Bieber

in the affections of girls everywhere, with their puppy eyes, trendy haircuts and rather good voices. And the boy band's new album delivers on the brief, vaguely catchy songs that appeal to both the romantic and the wild side of teenage girls.

The record relies heavily on perky and melancholic guitars, and on romantic invitations like "I want to be your last first kiss" on *Last First Kiss*, which then veer into the leery *Tonight Let's Get Some* on the very honest and upbeat first single, *Live While We're Young*.

It's full of riffs that haven't been heard since the 1990s boy bands took their final bows. *Take Me Home* is mainly produced by the same folks behind

Who's on board?

"English singer-songwriter Ed Sheeran returns too, writing two ballads."

the group's debut, including Rami Yacoub, Carl Falk and Savan Kotecha. English singer-songwriter Ed Sheeran returns, too, co-writing two ballads (*Little Things*, *Over Again*) that break up the overall upbeat preppiness of the disc with memorable choruses.

The album feels relentless in rhythm, sometimes even during the ballads, with a homogenous sound and message — like a teenage boy who says all the right words in a rush to get what he wants. But this time they're only singing the right words to get to your wallets and adoration. And they're most likely going to get it.

THE ASSOCIATED PRESS



One Direction's latest is called *Take Me Home*. AP PHOTO

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DVD review

The Amazing Spider-Man

Director. Marc Webb

Stars. Andrew Garfield, Emma Stone

It's impossible to watch director Marc Webb's The Amazing Spider-Man without recalling that there have already been three blockbuster Spider-Man movies, the ones made over the past decade by Sam Raimi.

Webb's reboot hits the same origin-story beats as the first Raimi Spider-Man — missing parents, teen angst, radioactive spider bite, super Spidey powers and lizard foe. Some story threads are rearranged and there are a couple of newish characters, but it's really all the same tangled web.

Andrew Garfield makes a dandy Peter Parker, Spider-Man's teen alter ego, and an even better Spidey, being far closer to the smartass Marvel Comics original than Tobey Maguire's wan depiction in the Raimi series. And Garfield is well paired with Emma Stone, who plays Peter's first love, Gwen Stacy, with a smile that could melt steel.

As a visual experience,



Andrew Garfield plays Spidey in the Spider-Man reboot. HANDOUT

the film falls prey to memory. There are some good set pieces and the 3D is for once not obtrusive. But there's nothing terribly original, exciting or funny about it, and action scenes are not Webb's forte.

If you haven't seen the earlier blockbuster franchise or have forgotten it, you may enjoy this webslinger redux. For the rest of us, the movie should really be called The Adequate Spider-Man.

Extras include a commentary track, deleted scenes and making-of featurettes.

PETER HOWELL

Brave

Director. Mark Andrews, Brenda Chapman, Steve Purcell

Stars. Kelly Macdonald, Billy Connolly and Emma Thompson

With a rebellious princess (voiced by Kelly Macdonald) as its lead character, Brave is a bold departure for Pixar. It's the toon titan's first feature with a female lead.

Sassy archer Merida is no damsel in distress. Far from it, her spirit is as bright as her wild flaming red tresses, and her tongue is as sharp as her tips of her arrows.

Merida lives in the ancient kingdom of DunBroch, a place of towers and tartans Pixar renders magnificently. She lives with her father, King Fergus (Billy Connolly), and her mother, Queen Elinor (Emma Thompson).

Alas, everything is not

storybook perfect in DunBroch: King Fergus lost a leg and gained a grudge in a battle with an ancient bear, and he has rival clans to contend with, all of whom have idiot sons they're eager to marry off to Merida. She wants none of them.

Brave follows an entirely predictable trajectory — unusual for a Pixar film — but it's not without its amusements. The film's best moments are between Merida and her mother as they seek to settle their differences, both supernatural and natural.

Sometimes, the bravest thing of all is mending broken



Kelly Macdonald voices the role of a rebellious princess in Brave. HANDOUT

family ties.

Extras include La Luna theatrical short, director's

commentary, extended scenes and making-of featurettes.

PETER HOWELL



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Justin Bieber ALL PHOTOS GETTY IMAGES

Cry him a river: Justin B. borrows from Justin T.

Justin Bieber is dealing with being dumped by Selena Gomez the only way he knows how — through music. The 18-year-old Canadian pop star treated fans to a stripped-down acoustic version of Justin Timberlake's Cry Me a River — a song inspired by Timberlake's split from Britney Spears — at a tour stop

over the weekend, according to People magazine. As for actually addressing the breakup, Bieber still sounds pretty shaken up. "I don't know what's going on in my life," he said in an interview with Open House Party radio before the show. "To even assess that, it doesn't make sense because I have not made any comment."

The babies still love you Biebs



Miranda Kerr

Selena Gomez may not be as big a Justin Bieber fan as she was a month ago, but at least the Canadian pop star gets the infant vote. Victoria's Secret model Miranda Kerr tells Us Weekly that Flynn, her 21-month-old son with husband Orlando Bloom, loves music and dancing — and Bieber's in particular. "The other day, we were in South Africa, I turned on the TV and Justin Bieber's documentary was on," Kerr says. "I said, 'Flynn! Bieber!' and he said, 'Bie-ber.' I said, 'Bieber fever!' and he said, 'Bieber fever.' I thought it was the cutest thing I've ever seen."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The stars get to gabbing on the MTV red carpet

On the red carpet of Sunday's MTV Europe Music Awards in Frankfurt, Germany, David Hasselhoff got perhaps the biggest applause from fans, with host Heidi Klum, Kim Kardashian and Gangnam Style star PSY coming a close second. The random lineup proves what an eclectic show it was. Metro was on the red carpet to talk to a few of the headliners.

ALICIA KEYS

There's talk of an apocalypse. What would you tweet, if you knew it was the end of the world?

Oh gosh, I really don't want to think about that. I really don't. But it's true it is something to



think about. We're putting so much abuse on this planet. How is it not supposed to react that way?

LANA DEL REY

What were you listening to before the show?

We were listening to Chris Isaak and Bruce Springsteen. Americana.

PSY, HASSELHOFF AND JEPSEN



"The whole point of Gangnam Style is that you don't have to be that good."
—PSY

"It's good because I ride horses. It's very easy."
—David Hasselhoff on dancing Gangnam Style

"If you'd asked me when I was seven years old, I would have told you with utter confidence, definitely, yes. I'd be a star. But then I grew up."
—Carly Rae Jepsen

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LaBeouf libates with the little people



Shia LaBeouf

Shia LaBeouf can't enjoy a drink in peace, apparently. The Transformers star hit up a dingy South London pub recently, surprising the regulars, and the evening wasn't without incident. "No one could believe that a well-known Hollywood star had docked up at a bar in [this neighbourhood]," a visitor to the Hobgoblin in New Cross tells the Sun. "Everyone was getting their photos taken with him." Things took a bad turn, though, when a student stole LaBeouf's baseball cap. "I think he was just joking, but Shia didn't like it," the source says. "He tried to get it back and they ended up tussling. It was handbags, really. But it shows that even Hollywood stars can't avoid grief down this way."

Greene hopes gossip won't get in film's way

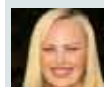
Ashley Greene knows that the relationship drama between her Twilight co-stars Kristen Stewart and Robert Pattinson has been getting a lot of attention — especially after Stewart's cheating scandal this summer — but Greene hopes all the hubbub doesn't get in the way of the release of the franchise's final film. "Hopefully it won't taint it and people will still be able to enjoy the movie," she tells Seventeen magazine. "I think a lot of people



Ashley Greene

see us as our characters. I really want them to still be able to do that."

Twitter



@MalinAkerman

On my 3rd hour here at London airport...pretty good spot to have a layover. Lots of shops!



@JohnCleese

In LA working with Python producer John Goldstone and daughter Camilla on acting and writing master classes for the internet.



@MissKellyO

At a photo shoot for a campaign to save African Elephants & the elephant farted on my boyfriends head funniest thing I have ever witnessed!



@CraigyFerg

Just downloaded Angry Birds Star Wars. This is probably my last tweet for a while.



Kellan Lutz faces off against Kristen Stewart on screen and talks about how he gets those muscles with Metro. HANDOUT

Getting that vampire strength

Interview. *Twilight* star Kellan Lutz talks about how he keeps the sleek physique and manages major strength in the series

ROMINA
MCGUINNESS
life@metronews.ca

Kellan Lutz spent four years wearing pasty white make-up and doing push ups to play superstrong vampire Emmett Cullen in *The Twilight Saga*. Now that the final chapter, *Breaking Dawn — Part 2*, arrives in theatres, he talks to Metro about his post-vampire career, wrestling with Kristen Stewart and learning to cut up a steak.

Everyone went on and on about Taylor Lautner's body in *Twilight*. But you were buff all along. How did you manage that?

I have good muscle memory. I'm barrel-chested, so I can do 50 push ups and get some

man boobs pretty easily. But Taylor had to take his shirt off. It would have been different if I'd had to take mine off and I was pale white with make up. It wouldn't look so flattering.

The arm wrestle scene between Bella and Emmett in *Breaking Dawn 2* — did you guys do it for real? Kristen vs. Kellan?

I sent Emmett to some acting classes to prepare him for that scene so that he didn't lose and get his ego hurt too much. I'd been looking forward to shooting that scene for years and Kristen was just so excited to play a vampire finally. She's a strong woman. She put up a good fight. Of course, I let her win.

Could Kristen beat you in real life?

Never... Plus she cheated. But I really think she could beat Rob in an arm wrestle.

So, she's stronger than Robert Pattinson?

I think so... She'd come out a winner. She'd probably tickle him or something.

Would he make more?

"I mean, am I sitting on the edge of my bed praying about it? No. I love my character. If I had a spin-off where Emmett goes in the woods and five years later he has his own zoo and he's wrestling a bear and a lion in the backyard and he has his five Emmett buddies from his football days and hunting days and we made a comedy out of it, that would be great."

Kellan Lutz,
On making more *Twilight* movies.

Who would you rather date? Kristen Stewart or Bella Swan?

I don't really know Bella Swan too much. I know Kristen. For me, the wise choice would be who I know

the most and connect the most with and Kristen — she was just so much fun to work with.

If you had the vampire strength of Emmett in real life—

If? What are you talking about?

What would you dream of being able to do?

Wrestle lions like Samson (in the Bible.) I love to play with my dog — but how fun would that be, to wrestle a lion by its mane and pull it down. Or a grizzly bear. For me — having all-powerful strength — being able to pull trees out of the ground and carry them like a pool noodle. Or feel like Atlas (a Titan known for his strength in Greek mythology).

What do you do to stay fit?

I play volleyball every Saturday and workout whenever I can. A big part of what I've been doing is just eating better. I don't eat as much candy as I used to.

I read you can eat 10 Taco Bell tacos in one sitting.

I have a large stomach. Growing up within a family of six boys, you learn to just chow down. You just want to get it in before it's gone. I'm learning to enjoy my meals and cut up a steak rather than just ripping it apart with my mouth.

What's next for you?

I'm focusing on action movies. I love fighting and shooting guns.

Why?

I have no tattoos — I wear my scars as my tattoos. I've never broken a bone but I love taking risks. I'd like to do something extreme like Tom Cruise in *Mission Impossible*. Wear a squirrel suit and jump out of a helicopter, fly over an erupting volcano and drive fast cars.

Would you do the space jump?

Yeah. I just love the thrill. Skydiving is amazing — doing flips in the air. Snowboarding or scuba diving — it's one of the scariest things I've ever done — it's life or death down there.

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3 LIFE

Best Health

How to avoid getting the flu



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the November issue of Best Health magazine, on newsstands now, our regular columnist Dr. Susan Biali shares six habits she has for avoiding colds and flu. Here are two of her top six tips.

1. Take a probiotic

In addition to improving digestion and intestinal health, they boost your im-

munity and can protect you from colds and flu. Ask your pharmacist or family doctor for a recommendation if you aren't sure which one is right for you.

2. Get a flu shot.

There's so much debate over the safety of the flu shot, but Biali really thinks it's a wise choice for anyone who has contact with a lot of people.

"The year I got the flu was the first year since med school that I had delayed getting my flu shot. I've never missed one since."

For the other tips, pick up the November issue.

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Alzheimer's disease not just for the elderly

Mental health. The disease, which leads to memory loss and confusion, can strike earlier than you thought

CELIA MILNE
lile@metronews.ca

Stefania Silvestri was only 14 when her father, John, was diagnosed with dementia. She remembers going to rent a video with him, and the pain on his face when the cashier asked him for his phone number and he didn't know it. He was 48. He died a few years later.

"All of the plans, however small and trivial, were stunted and stopped," writes Silvestri in her book *Beside the Mountain: Finding Strength and Courage Through my Father's Early Onset Alzheimer's Disease*.

Silvestri is now 28 and an English teacher in Los An-

Quoted

"I learned about the strength of the family and the love you can share, living as best as you can."

Stefania Silvestri
Author of *Beside the Mountain: Finding Strength and Courage Through my Father's Early Onset Alzheimer's Disease*



There are lots of support groups now for those touched by Alzheimer's disease. ISTOCK PHOTO

geles. In Canada, it has been estimated there are 50,000 people under 50 living with dementia, according to the Alzheimer Society of Canada. Some of these people have the very rare familial Alzheimer's disease (FAD), which is inherited from a parent. Others have an early onset of the more common form, which tends to affect people in old age, called sporadic Alzheimer's disease. When Alzheimer's dis-

ease attacks young people like it did Silvestri's father, it has the same characteristics — memory loss, confusion, difficulty thinking — as sporadic Alzheimer's, and it is all the more tragic because it strikes mid-career and while loved ones are young.

Silvestri battled with depression and self-mutilation, but also learned to enjoy moments of togetherness as her family took regular trips

back to their homeland — Italy.

"I learned about the strength of the family and the love you can share, living as best as you can," she tells Metro.

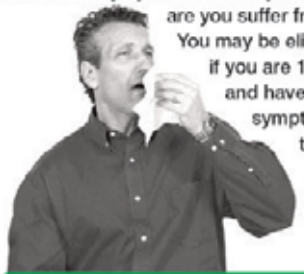
While there is still no cure for Alzheimer's, support systems are growing stronger, she says.

"My mom didn't have a community. Now there are Facebook groups and websites."

Do you suffer from GRASS allergies?

Kanata Allergy Services, in conjunction with Kingston General Hospital, is looking for people to participate in a study about an investigational drug for grass allergies.

If you sneeze from May to mid-July and have a runny nose and itchy eyes that make you miserable, chances are you suffer from grass allergies. You may be eligible to participate if you are 18 to 65 years of age and have had grass allergy symptoms for at least two years.



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For more information, please call Jeanne at 613-599-5700 ext. 23 or email: kanataallergy@gmail.com

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This Tilapia with Cashew Crust recipe is a real winner for fish lovers.

The mild taste of tilapia goes well with nuts, and this lemon-nut combination is outstanding.

If you want to substitute another fish, try sole. Serve this over a bed of fresh grilled vegetables.

The best part is that prep time is only five minutes and cooking time is only 15 minutes.

1. Preheat the oven to 425 F.

Ingredients

- 1/3 cup finely chopped toasted cashews
- 4 tbsp grated Parmesan cheese
- 1 tbsp olive oil
- 1 tbsp freshly squeezed lemon juice
- 1/2 tsp crushed fresh garlic
- Four 4-oz tilapia fillets
- 3 tbsp chopped fresh dill or basil
- lemon wedges

Line a baking sheet with foil and spray with cooking oil.

2. Place the cashews, cheese, oil, juice and garlic in the bowl of a food processor and process just until coarsely ground. Do not purée. Alternatively, finely chop by hand.

3. Place the fish on the prepared baking sheet and divide the nut mixture overtop, pressing it onto the fillets to help it adhere. Bake for 10 minutes per inch of thickness, or until the fish flakes when pierced with a fork. Garnish with the dill and lemon wedges. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health solutions

Save on produce



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Man, vegetables and fruit can get expensive this time of year! And when you consider that most of us are only enjoying three or four of the eight to 10 we are supposed to, the grocery bill goes through the roof. Here are a few tips to help you pinch a few pennies:

• Check the reduced bin first. Often, food is moved here simply to make room for a new shipment and you would have paid full price 20 seconds ago. (You will know what is beyond its due date, don't worry.)

• Buy in bulk and cook or freeze. A few heads of cauliflower can be bought on the cheap and be cooked in the slow

cooker to turn it into a freezable side dish with a little drizzle of butter. Freeze in single serving sizes and never go without.

• Shop in Asian markets and experiment! You may not be familiar with the vegetable but, rest assured, a quick stir fry and you will be.

• Look for sales on frozen vegetables. These are often picked at their peak and frozen to preserve nutrients. Not as great as a salad, maybe, but tossed into pastas and soups, they are great!

• You can't beat frozen berries for pies, smoothies and to stir into yogurt.

Don't skimp on the health benefits of fruits and vegetables just to save a few bucks. It won't be worth it in the end. If all else fails, "borrow" someone else's apple from the work fridge. (Kidding!)

THERESA ALBERT
IS AN AUTHOR AND ON
CALL, PRIVATE NUTRI-
TIONIST IN TORONTO.
SHE IS @THERESAAL-
BERT ON TWITTER
AND FOUND DAILY AT
MYFRIENDINFOOD.COM



Spinach & Artichoke Dip with Catfish. A tempting autumn appetizer



1. Heat oven to 180 C (350 F).

2. In a saucepan over medium heat, melt butter and add catfish cubes. Cook, stirring, for about 5 minutes or until fish flakes easily when tested with a fork. Remove from heat and let cool for about 5 minutes.

3. Squeeze excess moisture out of spinach and artichokes. In a large bowl, combine with two-thirds of the Parmesan and all remaining ingredients. Transfer to a glass baking dish and sprinkle with remaining cheese.

4. Bake for 20 to 25 minutes or until hot in the middle and golden brown. Serve warm with your favourite crackers,

bread or veggies.
**THE CANADIAN PRESS/U.S. FARM-
RAISED CATFISH**

Ingredients

- 15 ml (1 tbsp) butter
- 3 catfish fillets (each 180 to 250 g/6 to 8 oz), cubed
- 500 g (1 lb) frozen chopped spinach, thawed and drained
- 1 can (398 ml/14 oz) artichokes, drained
- 175 ml (3/4 cup) grated Parmesan cheese, divided
- 125 ml (1/2 cup) diced green onions
- 250 ml (1 cup) mayonnaise
- 3 cloves garlic, minced
- 5 ml (1 tsp) hot sauce, or to taste
- Salt and pepper, to taste

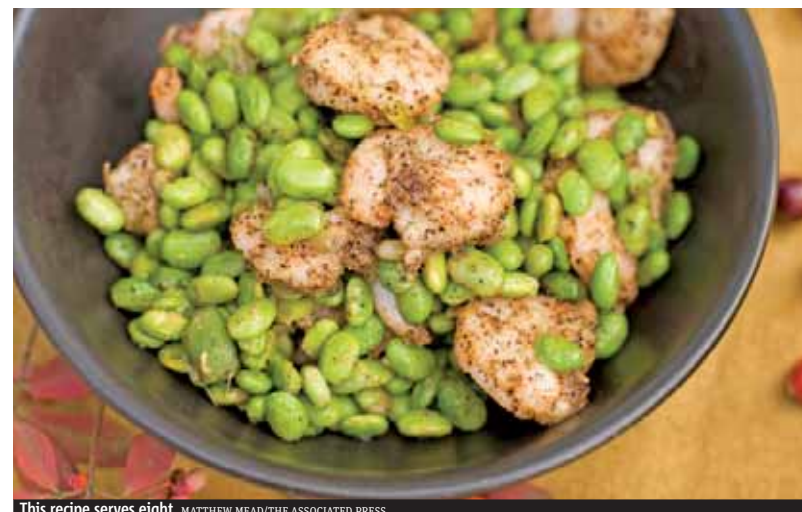
There's a new green side dish in town with a peppery hit

Of all the many green vegetables available to us, we tend to be profoundly lacking in inspiration when it comes to selecting one for those big family dinners.

Generally, it's either green beans or Brussels sprouts. And while both are fine vegetables, wouldn't it be nice if just once the token nod to something green on the table was something a little different?

That's the inspiration behind this fast and easy green dish that has lots of flavour and doesn't rely on the usual suspects. The solution is a heaping tray of roasted, peppery shrimp and edamame, creating an attractive and filling side dish that could even double as a main course.

Because this recipe cooks so quickly — and at a much higher temperature than most



This recipe serves eight. MATTHEW MEAD/THE ASSOCIATED PRESS

big dinner dishes are likely to — leave it for last.

And yes, the recipe is correct — 2 tablespoons of black pepper. That's the point. And it is delicious.

1. Heat oven to 450 F. Line a rimmed baking sheet with foil.

2. Place the edamame in a medium microwave-safe bowl and microwave for 1 to 2 min-

utes, or just long enough to slightly thaw. Pour off any liquid that has accumulated in the bowl, then transfer the edamame to the prepared baking sheet.

3. Add the shrimp to the baking sheet, then drizzle the oil over them and the edamame. Sprinkle with the pepper, salt and paprika. Use your hands to mix everything together, mak-

ing certain the shrimp and edamame are well coated with the oil and seasonings. Arrange the ingredients in an even layer on the baking sheet.

4. Roast for 5 minutes, then use a spatula to turn the shrimp. Roast for another 2 to 3 minutes, or until the shrimp are just pink and firm. Serve immediately.

THE ASSOCIATED PRESS

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Earning your CGA designation also requires a minimum of two years of work experience. However, this period doesn't



CONTRIBUTED

need to begin when your studies have ended. CGA Ontario's online program gives you the flexibility to complete your academic and applied requirements at the same time. The choice is yours.

CGA Ontario offers four program sessions per year. The deadline to apply for the next session is Nov. 20. To learn more, visit cga-ontario.org, or contact a client service adviser at 800-668-1454.



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The time students spend at Blyth is rewarding, both intellectually and emotionally. When asked, students consistently cite the academic and personal support provided by staff as the aspect of Blyth they like best.

It is the school's small class sizes that make it so easy for teachers and students to interact. Blyth Academy's teachers instruct, on average, 15 to 25 students per day, over two or three classes — significantly fewer than they would in a traditional school. They are evaluated regularly, from both the student's and parent's perspective, to ensure Blyth's academic standards are maintained. They are there for students when needed, both during and after class.



BLYTH ACADEMY PHOTO

Students also benefit from substantial support and guidance as they make their plans for post-secondary education. Plus, Blyth's academic year is divided into four terms of 10-and-a-half weeks, readying students for the shorter semesters and more focused learning models found at most universities. As a result of this preparation, 95 per cent of graduates receive enrolment offers from their first choice of university.

"Having grown up and gone to school in Ottawa, this seems like a homecoming," says Sam Blyth, chair, Blyth Academy. To find out how Blyth can welcome your child, visit blytheducation.com.

FOCUSING ON FINALS

Final exams can sneak up on post-secondary students, so experts suggest taking the red leaves of fall as a red flag that it's time to hit the books.

Naomi Deren, manager of the Student Success Centre at the University of Regina, says if you are short on time cutting classes is a bad way to grab a few more hours. You are more likely to fall further behind in your effort to get ahead.

Visit your student centre for help improving your skills at studying, managing your time and writing exams. Deren urges students to create a study plan. That involves looking at your exam schedule, figuring out what work needs to be done and setting out a concrete calendar of when you will do each bit of work.

Deren says it's also a good time to look back to mid-terms. If you struggled with something then, now is the time to fix it.

Deren says you can use the winter break to set academic goals such as



WAVEBREAK MEDIA/THINKSTOCK

when you want to graduate, what marks you want to get, and what you want to do post-graduation.

Ben Harrison, a fourth-year journalism student at the University of King's College in Halifax, says the main problem he has encountered in the run-up to finals is content overload.

"From September to December, there is so much that you learn that it's really difficult to retain all of the material," he says.

He solves that problem by forming study groups. Using flash cards, the students quiz each other and improve their ability by sorting the information as needed.

— Jon Tattrie

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As a fully online business school, the Sandermoen School of Business puts a lot care and attention into creating an environment that maximizes a student's virtual learning experience.

One of the ways it achieves this is through using the most advanced learning technology platforms, such as Moodle. This is the platform students use to access and participate in threaded discussion groups and chat rooms, and find out information about the courses in which they are registered.

Sandermoen recently conducted a successful experiment using Moodle. For one of its threaded discussions in the EMBA program about the marketing strategy behind the launch of the iPhone 5, it posted the finished product to a blog on the university's website, ufred.ca.

"We're inviting the public to see what our students are discussing," says dean David Large. "In each course, we'll try



ISTOCKPHOTO/THINKSTOCK

to find a topic that is not only relevant to the course, but would be interesting to the public."

For its weekly classes — or webinars — Sandermoen uses Cisco's WebEx tool. Weekly classes include seminars, presentations and debates and are all recorded and released within 30 minutes of the end of the class. This means students who find themselves late for a class or unable

to attend are not out of luck. Having a recording of the webinar is also a great study tool that can be used to enhance a student's knowledge and understanding.

The school is also about to pilot a new generation of WebEx that will include a social component, which should enhance the overall student experience.

Perhaps most important to the learning experience is the quality of the instruc-

MBA PROGRAMS

The Sandermoen School of Business is part of the University of Fredericton. Fully accredited by the province of New Brunswick, the school does not have a residency requirement for students, meaning students are able to enrol regardless of where they live. Sandermoen offers fully online MBA and EMBA programs.

tion. "The professors we hire are from all around North America," Large says. "They have PhDs, but a significant part of their work experience has been in industry."

He says that many continue to have private-sector consulting businesses.

"They bring reality into the course work in real time," Large says.

As a teaching university, professors' time is not split between other responsibilities.

"Our professors and staff are focused exclusively on the student," Large says.

He says the level of attention is something graduates rave about.

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The Dirty Dancing soundtrack worked for them. LIONSGATE

How a cheesy soundtrack = amazing sex

Setting the mood. Music psychologist reveals why great love songs get us all hot and bothered

ROMINA MCGUINNESS
life@metronews.ca

It appears that when it comes to wooing and romance, music can be used as a form of brainwashing. The songs you choose are just a subtle way to suggest and initiate sex.

Music psychologist Dr. Daniel Müllensiefen, from Goldsmiths, University of

London, discovered that music was a key element of the seduction game and consequently, how successful you are in the bedroom.

The playlist you listen to in the moments leading to and during sex is crucial.

A staggering 40 per cent of people admitted that the music they listened to during sex was more arousing than the touch or feel of their partner.

Time of your life

Although both sexes favoured songs that were happy and tender, men tend to make more of an effort to adjust to the taste of their date in order to ensure success in the bedroom.

Quoted

"Music activates emotional pleasure centres in the brain."

Music psychologist Dr. Daniel Müllensiefen.

This could explain why the soundtrack from the iconic '80s romantic movie, Dirty Dancing, was voted as best for sex.

This is because it's not just the music that's important, but what it is that we associate with the songs.

Dr. Müllensiefen observed: "Music activates emotional pleasure centres in the brain—the same

Kids' friends still scoffing

Frustrated by lingering Halloween treats

Dear Charles the Butler; My children's friends are still eating Halloween candy and it's driving me crazy. My kids weren't allowed to keep all of their candy, but their friends bring treats into the house. I don't want my kids eating too much sugar. How do I deal with my kids' friends when they bring candy over? Is there an etiquette for this?
-Stressed mom



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Stressed Mom;
Wow this is tough, because you are trying to deal with discipline within your own

home, yet have kids from the outside who have different parents and rules in their homes. However, in the end, the solution is simple. It's your home, so it's your rules. Ask the kids not to eat their candy in your house and provide them with something

else as a healthy alternative for the kids to share. Remember, don't embarrass or say bad things to these kids about candy or sugar, that's not your place. But be positive. Reinforce what you do in your house and be confident in your decision.



If you don't want outside candy in your home, say so. ISTOCK

The hot 'n' heavy playlists

Tracks for the Gym (128-140 bpm)

- **Rihanna.** Umbrella
- **Push It.** Salt n' Peppa
- **Kylie Minogue.** Red Blooded Woman
- **Britney Spears.** Womanizer
- **PSY.** Gangnam Style
- **Kanye West & Jay-Z.** H.A.M.
- **Mariah Carey.** We Belong Together
- **Madonna.** Turn Up The Radio
- **Missy Elliot.** Work it
- **The Police.** Roxanne

Tracks to get "in the mood" for sex

- **Marvin Gaye.** Sexual Healing
- **Marvin Gaye.** Let's Get It On
- **Barry White.** Anything
- **Serge Gainsbourg.** Je T'aime
- **Kings of Leon.** Sex on Fire
- **Hot Chocolate.** You Sexy Thing
- **Ravel.** Bolero
- **Boyz To Men.** I'll Make Love To You
- **Chris De Burgh.** Lady in Red
- **R Kelly.** Bump & Grind

Tracks to play during sex

- **Dirty Dancing.** Anything from the soundtrack
- **Marvin Gaye.** Sexual Healing
- **Ravel.** Bolero
- **Berlin.** Take My Breath Away
- **Barry White.** Anything from his collection
- **Marvin Gaye.** Let's Get It On
- **Righteous Brothers.** Unchained Melody
- **Celine Dion.** Titanic Soundtrack / My Heart Will Go On
- **Whitney Houston.** I Will Always Love You

areas that are activated when we have sex or take drugs.

"If you have a sound track to a film that as a whole is associated with romance, flirt(ing) and sex, that might work for the entire sexual episode. Listening to the soundtrack unconsciously re-ignites the feelings we experienced whilst watching the film.

"So just put the CD in and let it play," he adds.

"The passionate emotions we feel when we see

the love scenes in a film get encoded together with the music, almost like a conditioned experience," says Dr. Müllensiefen.

The Vocals

But it's not just what we associate the song with that's important in the bedroom — individual vocals are too.

"People have a sort of emotional intelligence with music," explains Dr. Müllensiefen.

"When it comes to getting in the mood for sex, people tend to go for relaxed songs with little use of vocal vibrato and with a greater dynamic range, a high chest voice, a raspiness in the voice, such as Marvin Gaye's Sexual Healing, (the number one track to get in the mood for sex) and Barry White's Anything (third best)," says Dr. Müllensiefen.

So fire up that Spotify or Grooveshark playlist, doc. Let's get it on.

The reasons we fail financially

Alison's money rule.

New survey shows how we really feel about our spending and saving



YOUR MONEY
Alison Griffiths
money@metronews.ca

Do you have a cheatin' heart? Do you feel guilty or anxious? Are you hoping for a windfall to save you?

Chances are, you'll answer yes to one or more of these questions when they relate to money.

Credit Education Week Canada (cewc.ca) began on Monday. This year, the founders of CEWC, Credit Canada Debt Solutions and Capital One Canada, commissioned a survey to find out how we really feel about money and our spending and saving resolutions.

Interestingly, the survey uncovered a whole lotta angst going on in our financial lives. Sixty three per cent of Canadians worry so much about money they lose sleep and for half of us, it has caused con-

flict with family or friends.

Nearly 30 per cent are praying for a lottery win or an inheritance to secure their futures.

In light of these statistics, it comes as no surprise that 81 per cent of us have cheated on resolutions made about money.

The source of our financial woes lies mostly in a single area — overspending.

Pretty much everyone does it, with groceries being the biggest culprit (76 per cent), followed by the need to treat or reward ourselves (60 per cent) and eating out (54 per cent).

While many Canadians (37 and 28 per cent) believe that lack of income and discipline are at the root of their financial troubles, I think these are symptoms, not causes.

The real problem is a lack of another kind — help.

There is a crying need for assistance and very few are getting it. Only eight per cent of Canadians use a financial planner, for example.

But there are many ways to get support in achieving financial goals. Old-fashioned hand holding is one.

Find someone you trust to be a mentor and to keep you



A financial planner can be a broke girl's best friend. ISTOCK IMAGES

on track. I know one woman who enlisted her neighbours with the common goal of making a budget and sticking to it. They met monthly

to bare their financial souls — and it worked.

There are also charitable counselling services such as Credit Canada (creditcanada.

com) and employers are increasingly including financial counseling to HR programs.

If you think you need help, start looking for it. Don't hide

your financial problems in a closet.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



The Joneses' don't have two nickels to rub together, so why keep up?



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca



What price will Canadians pay to keep up with their spending? ISTOCK

November is financial literacy month for many provinces in Canada. To celebrate, last week I spoke at an event alongside David Chilton, the new Dragon from Dragon's Den and author of *Wealthy Barber*, the first personal finance book I ever read at age 13.

Chilton is considered the pioneer of personal finance in Canada, so it was an honour to present with him on the theme of *Keeping Up With The Joneses*.

Unfortunately, Canadian appetite for spending has grown substantially over the past few decades as our incomes have grown and access to credit has increased.

We've watched our broke neighbours bring home fancier cars, upgrade their houses and put junior in expensive competitive sports.

As a result of adult peer pressure, we've over-extended ourselves to look

richer in hopes of greater happiness, which never materializes because true happiness isn't found in a new television.

Meanwhile, the truly wealthy are not spending this kind of dough. They're living frugally, keeping meticulous budgets and spending on things that grow in value, not shrink.

These folks report less stress, fewer divorces and greater personal satisfaction. They are financially literate.

Due to extreme overspending, Canadians borrow approximately \$0.70 of every \$1 spent and the most popular borrowing methods are credit cards and lines of credit.

Canadians continue to carry balances on our credit cards at an average rate of 19.5 per cent and the average Canadian household owes \$40,000 in some type of consumer debt.

Even more frightening is the fact that one in 10 families report that they would not be able to handle a \$500 unexpected expense.

What price will Canadians pay to keep up with their spending?

The bottom line on overspending and debt is that it's restrictive and causes stress. If you care about your future, channel your energy and dollars away from image-boosting spending and focus on keeping what you've worked so hard to earn.

If you're caught in an overspending trap, stop. Remove spending temptation. Avoid bad debt and manage good debt by:

1. Negotiating interest rates; and
2. Paying a little extra each month through frugal living.

Chilton offered good advice last week: Stop complaining about what you don't have.

Consider yourself lucky to live in Canada, where we are safe, have access to education, health care, jobs and other helpful resources.

Follow Lesley on Twitter
@LesleyScorgie



MAKE A MONEY RESOLUTION

CREDIT EDUCATION WEEK CANADA AIMS TO RAISE AWARENESS

In 2007, Credit Canada and Capital One Canada teamed up to create the first Credit Education Week Canada (CEWC), with the objective to raise public awareness and educate Canadians about the many issues and challenges they face managing their finances, spending and savings.

Now in its sixth year, CEWC 2012 will be looking at “money resolutions” and the unique financial pressures Canadian consumers face.

Beginning today and running through to Friday, more than 150 events and financial literacy workshops at YMCAs and

community centres across the country will occur under the Credit Education Week Canada banner thanks to the support and funding of all sponsors.

On Nov. 13, the founding sponsors of CEWC — Credit Canada Debt Solutions and Capital One Canada — will officially kick off the week with the launch of its Professional Development Day at the Toronto YMCA. The event launch will be hosted by Gary Rabbior, president of CFEE, a non-profit, non-partisan organization since 1981. This is a unique opportunity for financial industry leaders to bring consumer awareness to myriad of financial issues impacting Canadians, as well as show their support and commitment to the financial literacy initiatives.

Bruce Sellery, the founder of Moolala, a personal finance training company with a mission to inspire people to get a handle



on their money so they can live the life they want, will deliver the event's keynote address.

The climax of every CEWC is the dinner gala, which will be held Thursday at the Royal York Hotel in Toronto. The gala will be hosted by CTV's consumer affairs expert Pat Foran, while David Chilton, star

STORIES FROM ACROSS CANADA

Credit Canada and Capital One Canada sponsored a contest asking people to share their inspiring or compelling stories about how they conquered their credit issues and how it changed their life. Contributors were asked to share their stories in 300 words or less. Julie-Laurence Lafortune of Laval, Que., submitted the winning entry worth \$4,000, Trina Brooks from London, Ont., took home \$3,000 for the second-place story, while David Roberts from Vancouver cashed in the third-place entry, which was worth \$1,000.

of CBC's Dragons' Den and bestselling author of The Wealthy Barber Series, will deliver the gala keynote address.

For more information about CEWC 2012, go to cewc.ca.

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KICKING HER TO THE CURB

CONTRIBUTED

JULIE-LAURENCE LAFORTUNE ENDS CREDIT CARD RELATIONSHIP

It was the summer of 2004; she had just graduated from university and was working an entry-level position in the field of advertising. We met at the bank. The

teller introduced us and it was love at first sight.

She wanted so many things and I could provide those to her. The designer shoes

that she so lusted for were finally hers in the blink of an eye when she brought me along with her. While her friends were saving up for down payments on

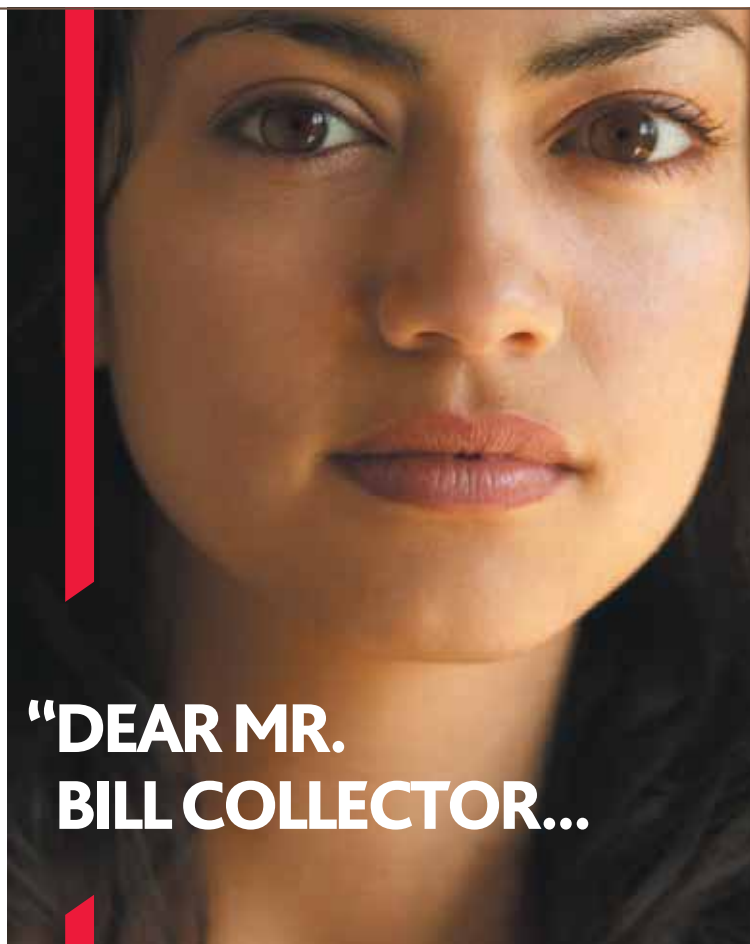
GRAND PRIZE WINNER (\$4,000)

condominiums or putting money towards their retirement, she was with me in the swankiest stores in town. Her friends and family warned her to spend less time with me but nothing could keep us apart. I remember those crazy nights out when I would get swiped a dozen times.

Notices started flooding in requesting she pay for me. She stopped opening them. After all, our relationship was all about fun and nobody was going to put a damper on that. It all came to a halt one year later. She had a nightmare; she was drowning in a sea of notices, unable to come up to the surface to breathe. As she awoke in fright, I heard her whisper: I need to change my ways or I will be living in my purse and drinking juice from my shoes.

She confined me to her freezer; she tried to cut me with her scissors but couldn't bring herself to do it. She sold some of her designer goods and opened a tax-free savings account. She wrote up a debt repayment plan and followed it with unbridled discipline.

She finally took me out one day but it just wasn't the same. She wanted a professional relationship. I wasn't her everything anymore, just her credit card.



**"DEAR MR.
BILL COLLECTOR..."**

Thank you sir.

Thank you for all the attention right now.

When my sister got sick, a lot changed, otherwise we may never have met.

Because I need to be there for her, I can't work anymore.

It's hard, and very lonely,

but you always know the perfect moment to call and your persistence has given me strength.

Oh by the way, I've called BDO."

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TEACH YOUR CHILDREN WELL

TRINA BROOKS LEARNS FROM HER FATHER THAT PROFESSIONAL ADVICE IS INVALUABLE

My biggest money mistake, and I feel guilty saying this, was my dad. I was a single mom, making \$25,000 a year. I knew I had to take control of my finances but I didn't know how, so I turned for advice to the man I trusted most. I remember him leaning forward in his chair and saying, "What you need is stocks."

So I scrimped, saved and purchased a few measly stocks in a bank he had recommended. A couple weeks later I told him what I had done.

"Stocks? Nooo, what you need to do is invest in things you can easily liquidate like art, jewelry or antiques."

I followed this new plan of action and went to my first auction. A jewelry store was being liquidated. For \$150 I got a diamond ring with the tag still attached reading \$699. I showed it to dad. He shook his head.

"Jewelry's no good. It's like art. The market is too volatile. The only way to get rich is to start your own business."

"What about RRSP's?" I asked.

"You don't have to worry about retirement yet. When you get to that age you'll have the money."

I smiled, gave him a kiss on the cheek and said, "Thanks dad." I loved my dad, but I finally realized just because he meant well didn't mean he knew well.

I asked around for recommendations and found myself

SECOND-PLACE WINNER (\$3,000)

a professional financial adviser who understood my needs, my limitations and my possibilities. Now I have savings for retirement and my daughter's university.

Dad passed away a few years ago. I really miss him but I have a feeling he's watching me, smiling and saying, "I taught her well."



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CONTRIBUTED

*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.



Hockey Hall of Fame inductees, from left, Mats Sundin, Joe Sakic, Adam Oates and Pavel Bure pose in Toronto on Monday. RICK MADONIK/TORSTAR NEWS SERVICE

Lockout on minds of 2012 inductees

Hall of fame. 'I think it's devastating,' says former Leaf Sundin as new class enshrined in Toronto

There is something missing from Joe Sakic's new plaque at the Hockey Hall of Fame and it's not because the printer made a mistake.

Among the list of his many achievements is no mention of his 21st NHL season, the one that was never played because of the 2004-05 lockout. With the sport back in another labour dispute, Sakic reflected on the year that never was on the day he took his

By the numbers

2

Of the four former NHLers inducted on Monday, Joe Sakic was the only one to win a Stanley Cup. Sakic won two with the Colorado Avalanche (1995-96, 2000-01).

Quoted

"I think it's the biggest achievement you can get in hockey ... for me it's a huge honour. It feels great."

Hockey Hall of Fame inductee Pavel Bure

place among hockey's greats.

"I lost a year of hockey," Sakic said Monday prior to the induction ceremony. "It would have been 21 years instead of 20. That's what you lose."

Fellow inductees Mats Sundin and Adam Oates were also in the NHL when the last lockout hit while Pavel Bure, the fourth member of the class, was already retired.

Sundin never managed to win a Stanley Cup and can't help but wonder what could have been had the 2004-05 season been played. His Maple Leafs were on a run of six consecutive playoff appearances before that work stoppage.

"It was awful," said Sundin. "I think it's devastating."

The current lockout made Hall of Fame ceremonies a more subdued affair than

usual. The four inductees were to have been honoured at Air Canada Centre prior to a Leafs-Devils game on Friday night — a missed opportunity in particular for Sundin, the longtime Toronto captain, and Oates, who grew up in the city.

Sundin is back living in his native Sweden now, but the impact of another work stoppage hasn't gone unnoticed.

"I think it's huge," he said. "It's the biggest representative of the game of hockey in the world. When the NHL is not going, people lose focus on hockey."

Added Sakic: "It hurts the players, it hurts the owners, it hurts the fans and it hurts the game."

The two men at the centre of collective bargaining nego-

Statistics

2012 HALL OF FAME CLASS

	GP	G	A	PTS
Pavel Bure	702	437	342	779
Playoffs	64	35	35	70
Joe Sakic	1378	625	1016	1641
Playoffs	172	84	104	188
Mats Sundin	1346	564	785	1349
Playoffs	91	38	44	82
Adam Oates	1337	341	1079	1420
Playoffs	163	42	114	156

Torstar News Service

tations, commissioner Gary Bettman and NHLPA executive director Donald Fehr, were both expected to attend Monday night's ceremony. They were anxious to try and keep a low profile.

All four members of this year's Hall of Fame class were affected by a labour disruption during their careers — Bure was playing for the Vancouver Canucks during the lockout-shortened 1994-95 season — and it's reasonable to expect that trend will continue for some time after four work stoppages in the last 20 years. **THE CANADIAN PRESS**

Cycling

Armstrong cuts ties with charity

Lance Armstrong has cut formal ties with his cancer-fighting charity to avoid further damage brought by doping charges and being stripped of his seven Tour de France titles.

Armstrong resigned from the board of directors for Livestrong on Nov. 4. He had resigned Oct. 17 as chairman from the charity he founded but had kept a seat on the board.

The U.S. Anti-Doping Agency ordered Armstrong banned from the sport for life and stripped him of his titles.

Livestrong spokesperson Katherine McLane said Monday that Armstrong "remains the inspiration" and is still its largest donor with nearly \$7 million US pledged. **THE ASSOCIATED PRESS**

MLB

Trout, Harper named top rookies

Mike Trout of the Los Angeles Angels became the youngest AL Rookie of the Year on Monday and Bryce Harper of the Washington Nationals was voted the second-youngest winner of the NL honour.

Trout, who turned 21 on Aug. 7, hit .326 with 30 homers and 83 RBIs. Harper, who turned 20 on Oct. 16, batted .270 with 22 home runs and 59 RBIs. **THE ASSOCIATED PRESS**



Angels outfielder Mike Trout
GETTY IMAGES FILE

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NBA. D'Antoni hiring a plot twist in Hollywood

Pau Gasol got home from the game and read about it on Twitter, while Dwight Howard got a midnight message on his BlackBerry. They shared most Los Angeles Lakers fans' mix of surprise, trepidation and anticipation.

Just when everybody thought the Lakers were getting back together with Phil Jackson, they switched course in the middle of the night and went with Mike D'Antoni.

What a weekend in Hollywood — and the real drama isn't over yet.

The Lakers reacted with ample excitement and a little bewilderment Monday to their front office's surprising decision to hire D'Antoni as coach Mike Brown's replacement over Jackson, the 11-time champion who discussed the job at his home Saturday and apparently wanted to return. D'Antoni didn't even interview for the job in person, speaking to the Lakers over the phone.



Mike D'Antoni GETTY IMAGES FILE

The Lakers' third coach in four days won't take over the team until later in the week. D'Antoni still hadn't been cleared to travel Monday after undergoing knee-replacement surgery earlier in the month, although the Lakers are optimistic the former Knicks and Suns coach will arrive in Los Angeles on Wednesday.

So interim coach Bernie Bickerstaff was still in charge Monday when the Lakers gathered for an informal workout ahead of Tuesday's game against San Antonio. Just two weeks into the regular season, the Lakers (3-4) are about to start over with a new offence and another coaching staff — and a renewed certainty they're expected to compete for a title this season. **THE ASSOCIATED PRESS**

Quoted

"It has been crazy, but all this stuff will just make this team stronger."

Lakers centre Dwight Howard on the Lakers' front office decision to hire Mike D'Antoni over Phil Jackson

Tennis

Djokovic wins ATP finals title

Novak Djokovic recovered from early breaks in both sets to beat Roger Federer 7-6 (6), 7-5 Monday in the championship match at the ATP finals.

It was Djokovic's second victory at the year-end tournament for the top eight players in the world.

THE ASSOCIATED PRESS

CFL

Tate passes concussion tests

Calgary Stampeders head coach and general manager John Hufnagel told reporters Monday that quarterback Drew Tate passed all concussion tests "with flying colours."

Tate took a helmet-to-helmet hit during Sunday's West Division semifinal against Saskatchewan.

THE CANADIAN PRESS

Concussion concerns as three QBs go down

NFL. Injuries to Michael Vick, Jay Cutler and Alex Smith put renewed focus on the issue

Next week's big, nationally televised Monday Night Football showcase could feature a quarterback matchup of journeyman Jason Campbell of the Bears vs. untested Colin Kaepernick of the 49ers. Not exactly the creme de la creme of the NFC.

Why? Concussions, of course.

With so much attention paid to replacement refs and bounty ruling appeals this season, it's an issue that's slipped a bit under the radar lately. But it's hard to ignore this: 25 per cent of Sunday's NFL games saw a starting QB leave with a concussion.

Two were Chicago's Jay Cutler and San Francisco's Alex Smith, whose teams play each other next Monday. Both stayed in Sunday's games for several plays after what appeared to be head-rattling hits. Smith even threw a TD pass while playing with blurred vision before he departed, according to coach Jim Harbaugh.

"It's a reminder that you've got to err on the side of caution," said Dr. Richard Ellenbogen, co-chairman of the NFL's head, neck and spine committee, who was not familiar with the particulars of Sunday's quarterback injuries. "The question that I would ask is: Why did Mr. Smith not report this to his team physician, and say, 'Hey, I've got blurred vision, is that a problem?' ... We have to educate the medical teams to be really conserva-



Quarterback Alex Smith of the San Francisco 49ers, right, gets hit by linebacker Jo-Lonn Dunbar of the St. Louis Rams Sunday in San Francisco. BRIAN BAHR/GETTY IMAGES

tive. And we still have to educate players to self-report. If they don't feel 100 per cent, they have to be willing to very strongly tell somebody."

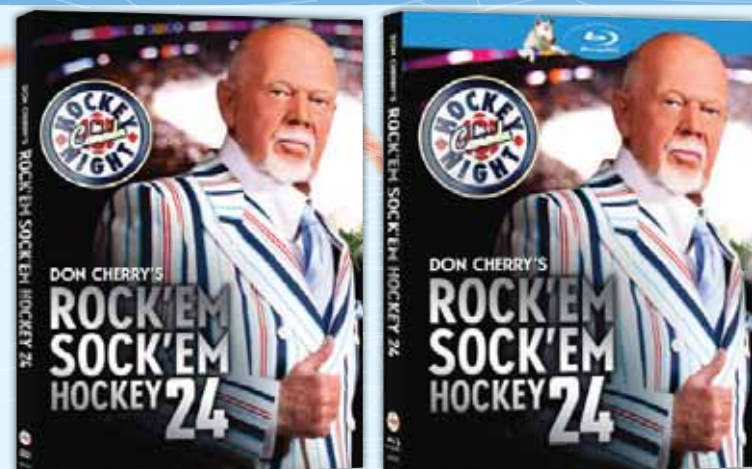
The instructions now used for in-game sideline concussion assessments in the NFL include a box that reads: "Signs and symptoms of concussion may be delayed, and therefore it may be prudent to remove an athlete from play, not leave them alone, and serially monitor them over a period of time." After that, in all

capital letters, it reads: "When in doubt, take a 'time out.'"

The NFL looked into the Cutler and Smith cases and Philadelphia's Michael Vick, the third quarterback who got a concussion this weekend — and came away satisfied that the proper protocol was followed. Players who exhibit any concussion symptoms are supposed to be removed from a game immediately and not be allowed to return to play or practice until fully without symptoms. **THE CANADIAN PRESS**

Legal proceedings

More than 3,500 former players — including at least 26 members of the Pro Football Hall of Fame — have sued the NFL, saying that not enough was done to inform them about the dangers of concussions in the past, and not enough is being done today to take care of them.



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EASTERN CONFERENCE				
	W	L	Pct	GB
New York	4	0	1.000	—
Miami	5	2	.714	1/2
Chicago	4	2	.667	1
Philadelphia	4	2	.667	1
Brooklyn	3	2	.600	1 1/2
Milwaukee	3	2	.600	1 1/2
Boston	3	3	.500	2
Indiana	3	4	.429	2 1/2
Atlanta	2	3	.400	2 1/2
Charlotte	2	3	.400	2 1/2
Orlando	2	4	.333	3
Cleveland	2	5	.286	3 1/2
Toronto	1	5	.167	4
Washington	0	5	.000	4 1/2
Detroit	0	7	.000	5 1/2

WESTERN CONFERENCE				
	W	L	Pct	GB
San Antonio	6	1	.857	—
L.A. Clippers	5	2	.714	1
Oklahoma City	5	2	.714	1
Memphis	5	1	.833	1/2
Minnesota	4	2	.667	1 1/2
New Orleans	3	2	.600	2
Dallas	4	3	.571	2
Denver	4	3	.571	2
Houston	3	3	.500	2 1/2
Golden State	3	4	.429	3
Utah	3	4	.429	3
L.A. Lakers	3	4	.429	3
Phoenix	3	4	.429	3
Portland	2	4	.333	3 1/2
Sacramento	2	5	.286	4

Division leaders ranked in top four positions and best eight teams qualify for playoffs

Monday's results	
Utah at Toronto	
Milwaukee at Philadelphia	
Oklahoma City at Detroit	
Miami at Houston	
Boston at Chicago	
Minnesota at Dallas	
Denver at Phoenix	
Atlanta at Portland	
Sunday's results	
Brooklyn 82 Orlando 74	
L.A. Clippers 89 Atlanta 76	
Memphis 104 Miami 86	
Oklahoma City 106 Cleveland 91	
L.A. Lakers 103 Sacramento 90	
Tuesday's games	
All Times Eastern	
Toronto at Indiana, 7 p.m.	
New York at Orlando, 7 p.m.	
Washington at Charlotte, 7 p.m.	
Cleveland at Brooklyn, 7:30 p.m.	
Portland at Sacramento, 10 p.m.	
San Antonio at L.A. Lakers, 10:30 p.m.	
Wednesday's games	
Detroit at Philadelphia, 7 p.m.	
Utah at Boston, 7:30 p.m.	
Charlotte at Minnesota, 8 p.m.	
Memphis at Oklahoma City, 8 p.m.	
Indiana at Milwaukee, 8 p.m.	
New Orleans at Houston, 8 p.m.	
Washington at Dallas, 8:30 p.m.	
Chicago at Phoenix, 9 p.m.	
Miami at L.A. Clippers, 10:30 p.m.	
Atlanta at Golden State, 10:30 p.m.	
Thursday's games	
Boston at Brooklyn, 8 p.m.	
New York at San Antonio, 8:30 p.m.	
Miami at Denver, 10:30 p.m.	

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Manchester	11	7	3	0	1	32	21	15
Worcester	13	6	5	1	1	35	42	14
Portland	11	5	4	1	1	41	37	12
St. John's	13	6	7	0	0	27	39	12
Providence	11	4	6	0	1	23	31	9

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	11	8	1	0	2	40	17	18
Bridgeport	11	8	3	0	0	38	34	16
Connecticut	12	5	6	1	0	40	45	11
Adirondack	11	5	6	0	0	26	33	10
Albany	11	3	5	0	3	22	28	9

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	11	7	2	1	1	38	32	16
Norfolk	12	7	5	0	0	39	38	14
Binghamton	11	5	4	1	1	26	30	12
W-B/Scranton	12	6	6	0	0	31	29	12
Hershey	12	5	6	1	0	31	32	11

WESTERN CONFERENCE								
NORTH DIVISION								
	GP	W	L	OTL	SOL	GF	GA	Pt
Lake Erie	13	9	4	0	0	46	37	18
Abbotsford	11	7	1	1	2	37	20	17
Rochester	12	7	4	1	0	45	39	15
Toronto	11	6	4	0	1	33	31	13
Hamilton	10	4	4	1	1	22	31	10
MIDWEST DIVISION								
	GP	W	L	OTL	SOL	GF	GA	Pt
Grand Rapids	13	7	4	1	1	46	41	16
Chicago	12	7	4	1	0	34	37	15
Milwaukee	12	6	6	0	0	34	34	12
Rockford	12	5	6	0	1	35	39	11
Peoria	12	2	7	2	1	22	45	7
SOUTH								
	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	13	9	3	0	1	50	32	19
Oklahoma City	12	6	5	0	1	33	36	13
Houston	13	5	5	1	2	45	43	13
San Antonio	10	4	5	0	1	22	27	9
Texas	11	4	6	0	1	24	37	9
Note: Two points awarded for a win, one for an overtime or shootout loss.								

Note: Two points awarded for a win, one for an overtime or shootout loss.	
Monday's result	
Norfolk 5 Albany 4 (SO)	
Sunday's results	
Connecticut 3 Bridgeport 4	
Worcester 4 Providence 3 (SO)	
Portland 3 Hershey 1	
Norfolk 0 Springfield 5	
Texas 4 Houston 2	
Tuesday's games	
All Times Eastern	
Houston at San Antonio, 11:30 a.m.	
Toronto at Oklahoma City, 11:35 a.m.	
Lake Erie at Abbotsford, 10 p.m.	
Wednesday's games	
Adirondack at Manchester, 10 a.m.	
Rochester at Hamilton, 10 a.m.	
Worcester at Portland, 7 p.m.	
Springfield at W-B/Scranton, 7:05 p.m.	
Peoria at Rockford, 8:05 p.m.	
Lake Erie at Abbotsford, 10 p.m.	
Thursday, Nov. 15	
San Antonio at Texas, 8:30 p.m.	
Friday, Nov. 16	
Albany at St. John's, 1:30 p.m.	
Portland at Connecticut, 7 p.m.	
Adirondack at Binghamton, 7:05 p.m.	
Bridgeport at W-B/Scranton, 7:05 p.m.	
Manchester at Providence, 7:05 p.m.	
Abbotsford at Rochester, 7:05 p.m.	
Springfield at Norfolk, 7:30 p.m.	
Hershey at Syracuse, 7:30 p.m.	
Toronto at Hamilton, 7:30 p.m.	
Grand Rapids at Lake Erie, 7:30 p.m.	
Milwaukee at Oklahoma City, 8 p.m.	
Houston at Rockford, 8:05 p.m.	
Chicago at Peoria, 8:05 p.m.	
Charlotte at San Antonio, 8:30 p.m.	

CFL				
PLAYOFFS				
Sunday's results				
DIVISION SEMIFINALS				
Byes: B.C., Montreal				
East Division				
Toronto 42 Edmonton 26				
West Division				
Calgary 36 Saskatchewan 30				
Sunday, Nov. 18 — All Times Eastern				
DIVISION FINALS				
East Division — All Times Eastern				
Toronto at Montreal, 1 p.m.				
West Division				
Calgary at B.C., 4:30 p.m.				
Sunday, Nov. 25				
100TH GREY CUP				
At Toronto — East vs. West Winners, 6 p.m.				

GOLF				
WORLD RANKING				
Through November 12				
1. Tiger Woods	9.12			
2. Luke Donald	8.77			
3. Lee Westwood	6.72			
4. Adam Scott	6.24			
5. Louis Oosthuizen	6.21			
6. Justin Rose	6.17			
7. Jason Dufner	5.91			
8. Brandt Snedeker	5.70			
9. Webb Simpson	5.70			
10. Bubba Watson	5.58			
11. Steve Stricker	5.18			
12. Phil Mickelson	5.18			
13. Keegan Bradley	5.05			
14. Nick Watney	5.00			
15. Ian Poulter	5.00			
16. Matt Kuchar	4.96			
17. Dustin Johnson	4.89			
18. Peter Hanson	4.82			
19. Ernie Els	4.75			
20. Zach Johnson	4.71			
21. Sergio Garcia	4.58			
22. Bo Van Pelt	4.50			
23. Graeme McDowell	4.42			
24. Hunter Mahan	4.25			
25. Jim Furyk	4.00			
26. Paul Lawrie	3.77			
27. Francesco Molinari	3.66			
28. Rickie Fowler	3.61			
29. Carl Pettersson	3.58			
30. Jason Day	3.41			
31. Martin Kaymer	3.41			
32. Charl Schwartzel	3.38			
33. Nicolas Colsaerts	3.37			
34. Gonzalo Fernandez-Castano	3.32			
35. Bill Haas	3.31			
36. John Senden	3.14			
37. David Toms	3.13			
38. Branden Grace	3.12			
39. Robert Garrigus	3.07			
40. Ryan Moore	3.04			
41. Scott Piercy	2.94			
42. David Lynn	2.74			
43. Thomas Bjorn	2.74			
44. K.J. Choi	2.73			
45. Matteo Manassero	2.65			
46. Fredrik Jacobson	2.41			
47. Jamie Donaldson	2.39			
48. Alexander Noren	2.35			
49. Geoff Ogilvy	2.34			
50. Martin Laird	2.34			

TRANSACTIONS				
MLB				
COMMISSIONER'S OFFICE — Suspended free agent RHP Rafael Martinez 50 games for a violation of the Minor League Drug Prevention and Treatment Program.				
AMERICAN LEAGUE				
TEXAS RANGERS — Agreed to terms with C Juan Apodaca, OF Jim Adduci, LHP Neal Cotts, OF Aaron Cunningham, and RHP Yonata Ortega on minor league contracts.				
NATIONAL LEAGUE				
ATLANTA BRAVES — Named Randy Ready manager of Gwinnett (IL).				
CHICAGO CUBS — Named P.J. Mainville trainer.				
LOS ANGELES DODGERS — Named Pedro Avila, Gene Grimaldi, Patrick Guerrero, Pat Kelly, Jamey Storvick and Mike Tosar international scouts; Josh Bard player personnel special assistant; and Willie Fraser and Scott Groot professional scouts. Reassigned player personnel special assitant Bill Mueller full-time professional scout.				
NEW YORK METS — Named Jim Malone strength and conditioning co-ordinator.				
NBA				
LOS ANGELES LAKERS — Named Mike D'Antoni coach.				
NFL				
BUFFALO BILLS — Signed CB Delano Howell to the practice squad.				
CAROLINA PANTHERS — Fired special teams co-ordinator Brian Murphy. Promoted assistant special teams coach Richard Rodgers to special teams co-ordinator.				
CINCINNATI BENGALS — Signed LB Ben Jacobs to the practice squad. Released OT Jeff Adams from the practice squad.				
GREEN BAY PACKERS — Signed LB Vic So'oto. Placed T Bryan Bulaga on injured reserve.				
INDIANAPOLIS COLTS — Activated NT Josh Chapman from the non-football-injury list. Signed TE Kyle Miller from the practice squad. Placed DT Drake Nevis and CB Jerard Powers on injured reserve.				

Horoscopes

Aries

March 21 - April 20

This is an extremely good time for you and if you don't have big plans for the next 24 hours then make some now. On the financial front especially, you can move ahead in leaps and bounds. Be bold.

Taurus

April 21 - May 21

If you think you know what is best for a partner or loved one by all means, let them know. But don't push too hard or they may not take your advice. Make it seem as if they thought of it themselves.

Gemini

May 22 - June 21

A solar eclipse in the wellbeing area of your chart will bring health matters to the fore, making this the perfect time to start a new fitness regime or, more likely, give up something that doesn't do you any good.

Cancer

June 22 - July 23

The thing you need to remember is that causes have consequences. It may seem as if a piece of good fortune has arrived out of the blue but in fact you have somehow earned it. So enjoy it with a good conscience.

Leo

July 24 - Aug. 23

Try not to play favourites today, even though one particular person may be higher in your estimation than others. If friends or family members think they are not so important to you, it could cause unnecessary grief.

Virgo

Aug. 24 - Sept. 23

Social activities and travel plans are under excellent stars, so don't waste the day entirely on work. If you do, you may look back a few weeks from now and wish you had been a touch more adventurous.

Libra

Sept. 24 - Oct. 23

Go with the flow today and don't worry too much about where you might end up. Almost certainly it will be somewhere exciting, doing something you enjoy. You may even make some money from it.

Scorpio

Oct. 24 - Nov. 22

Today's solar eclipse in your sign is a herald of good times to come. Those times will be even better if you bring other people into your plans. The more you do with loved ones, the more you do for yourself.

Sagittarius

Nov. 23 - Dec. 21

You may be a bit reclusive today, unwilling to get involved in what's going on in the world around you, but that's no bad thing. It's OK to switch out of party mode for a while — in fact, it's a necessity.

Capricorn

Dec. 22 - Jan. 20

Cosmic activity in the friendship area of your chart means you will be offered at least one helping hand over the next 14 hours. Wherever you go and whatever you do, people will go out of their way to assist you.

Aquarius

Jan. 21 - Feb. 19

You must let employers and other important people know who you are and what you can do. Put yourself forward today and don't think you are being pushy. It's their loss if they overlook your many talents.

Pisces

Feb. 20 - March 20

What is it you want most out of life? Put a name to your dream and visualize what it would be like to have it come true, and there is every chance you will be living it by the end of the year. **SALLY BROMPTON**

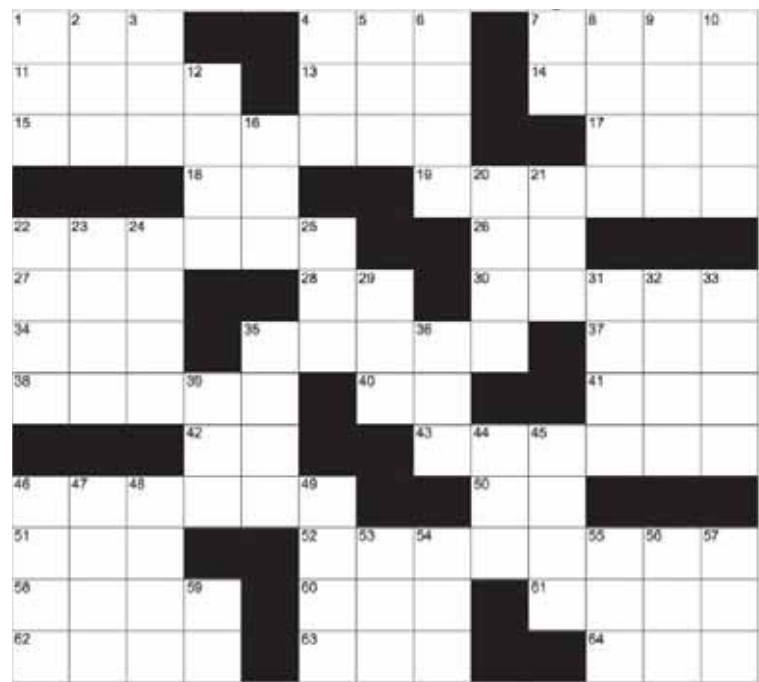
Canadian Crossword

Across

- House site
- Pub
- Proofreaders word
- Type of code
- Life to Live
- Practice
- Party favours
- Participated in a marathon
- Exclamation of pain
- Stenographer, of old
- Grieve
- Shoe width
- Bargain basement abbr.
- Hospital waiting rm.
- Slip-up
- Personal info.
- Annoyed (2 words)
- Meadow
- Reeds
- the World Turns
- Type measures
- Battery size
- Left to the heir, often
- Probes
- My — Called Life
- Web ending
- Salve
- Laze
- "Rain —"
- Baseball stat.
- Day after Mon.
- Compass bearing
- Born

Down

- Found on CSI: Miami
- Openings (anat.)
- Aviv
- Casper greeting
- Columnist Landers
- Take a breather
- Jr.'s dad

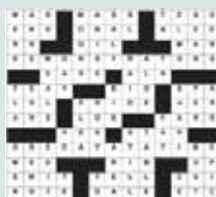


- & Dean: Inn Love
- Airport info.
- Camping equip.
- Salve plant
- Possess
- Puppy sound
- Small pod veggie
- Teases
- A great lake
- Gentle push
- Golf gadget

- MacGyver star (init.)
- Appeal
- Transmitted
- Luxury
- Tremendous victory
- Utilize
- Corner —
- Now grounded fast flyer
- Heavy volume
- Give in your notice
- Language of Pakistan

- Fashion magazine
- " — Like it Hot"
- McShane or Ziering
- Wind direction (abbr.)
- Sea eagle
- Negative vote
- Toronto Stock Exchange (abbr.)
- 19th letter of the alphabet

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	8	5	6	9	3	1	7	2
6	7	2	8	5	1	3	4	9
3	9	1	7	4	2	8	6	5
5	1	7	4	3	8	2	9	6
2	3	9	5	1	6	4	8	7
8	4	6	2	7	9	5	1	3
9	6	8	1	2	5	7	3	4
1	2	4	3	6	7	9	5	8
7	5	3	9	8	4	6	2	1

7		2	6				1	
			3	8		9		
5					9			
1							9	3
3		8				2		6
4	2							1
			1					9
		1		5	4			
	5				7	1		2

Today

4°/-6°
Variable

Wednesday

4°/-3°
Mainly sunny

Know what the weather
will be 14 days from now.
Check the 14 day trend.

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